

THE TREASURE  
COOKERY  
BOOK

M. M. MITCHELL

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THE  
TREASURE COOKERY BOOK

*BY THE SAME AUTHOR.*

POLYTECHNIC COOKERY BOOK.

Crown 8vo, 2s.

LONGMANS, GREEN, AND CO.,  
LONDON, NEW YORK, BOMBAY, AND CALCUTTA.

# THE TREASURE COOKERY BOOK

CONTAINING THE  
*PRINCIPLES AND RULES OF MODERN  
COOKERY*

INCLUDING NUMEROUS RECIPES

✧ BY  
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*WITH ILLUSTRATIONS*

LONGMANS, GREEN, AND CO.

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## PREFACE

As I have already stated in the preface to the "Polytechnic Cookery Book," "the well-being and success in life depends very largely upon the digestion and proper nourishing of the body, it is an all-important requirement that a clear understanding of the selection and preparation of food be acquired by those in a household on whom these important duties devolve.

"The art of cooking is to prepare the food so as to obtain the highest nutritive value, and to present it in the most attractive manner, therefore an effort has been made in the following pages to give the principles and practice of cookery in as concise a manner as possible."

This book I have written especially for those who require good wholesome middle-class fare as economical as is consistent with good results. More elaborate dishes suitable for special occasions are included, while those who have of necessity to live on small incomes will be able to select dishes to suit their means.

I wish to thank those who have kindly helped with drawings, photographs, etc., also Messrs. Potter Bros., Fishmongers and Game Dealers, of Wigmore St., W., for lending the blocks for the drawings of bacon.

All the recipes have been successfully tried in the classes that I have held for a number of years at the Polytechnic School of Cookery, and if carefully followed will prove satisfactory.

Minute details are given in most cases. For these, I offer no apology, as I wish the book to be really a practical help to the young and inexperienced housekeeper, and thus to justify its title of the "Treasure Cookery Book."

M. M. MITCHELL.

THE POLYTECHNIC,  
REGENT ST., LONDON.



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## CHAPTER I

### FOOD

THE human body is a complex structure. It is built up of various tissues and water. These tissues are composed of different compounds; the compounds consist of two or more elements. The chief elements of which the human body is composed are oxygen, carbon, hydrogen, nitrogen, phosphorus, sulphur, chlorine, calcium, potassium, sodium, and iron. All foods which nourish the body contain one or more of these elements.

Elements are not taken into the body as such, but are in chemical combination in various amounts in the compounds called proximate principles, with the exception of air, which is a mixture of gases, oxygen and nitrogen, and a small percentage of other gases.

The proximate principles or foodstuffs enter in the composition of our different foods, and are similar to the chief substances of which the body is composed.

The foodstuffs may be divided into three classes—

I.—Nitrogenous foodstuffs, containing carbon, hydrogen, oxygen, nitrogen, sulphur, and sometimes traces of phosphorus.

The nitrogenous foodstuffs are also termed proteids; they include—

Myosin contained in meat.

Albumen       ,,       meat, fish, milk, and eggs.

Casein       ,,       milk.

Gluten       ,,       bread.

Legumen       ,,       peas, beans, and lentils.

II.—Non-nitrogenous foodstuffs, containing carbon, hydrogen, and oxygen. This class may be divided into—

(a) The carbo-hydrates, as the starches, sugars, and gums.

(b) The fats and oils.

This class is chiefly the heat and energy producers.

III.—Mineral salts, vegetable acids, and water. Mineral matter is necessary for all parts of the body, especially for the harder structures, as the bones, teeth, and nails.

The cells forming the tissues of the body are constantly being used up and wasting away, with every action, both physical and mental. These changes take place even in the quiescent state, the very fact of the body being alive indicates the presence of heat, and heat is produced by continuous combustion or oxidation in the living body.

This combustion is caused by oxygen acting upon the products of digested and assimilated foods and slowly breaking them up, the useful components repairing the wasted tissues and also building up fresh tissues, at the same time liberating heat and energy. Part of the tissues of the body are always being oxidized. During this process some waste products are formed, namely carbonic acid gas and watery vapour, some of which are exhaled from the lungs and some given off through the pores of the skin.

Suitable foods must then be taken at intervals, which, after being digested and absorbed in the body, supply matter—

1st for repairing the waste tissues and also to build up new ones ;

2nd to supply heat and potential energy ;

3rd to keep the blood pure.

Some foods are better adapted for performing one or other of these functions ; for instance, the proteids are essentially the tissue formers. All foods that are capable of supplying matter for building up the muscular tissues must contain nitrogen ; but as they also contain carbon, hydrogen, and oxygen, they can supply products for heat and energy. If, however, sufficient proteids were taken to supply all the necessary heat and energy, too much work would be put upon the digestive and excretory organs to eliminate the excessive nitrogenous matter.

The carbo-hydrates are heat producers and force yielders, and can also produce fat ; but as they do not contain nitrogen, cannot build up the muscle tissues.

Fats and oils perform similar functions to the carbo-hydrates in the body, but are more condensed heat givers. As a heat giver, fat has twice the value of starch. Fats and

starches may occasionally be substituted one for the other, which allows of great variety in a diet ; but if too little fat is eaten there is a tendency to complaints of a consumptive nature. Fats also supply nourishment to the nervous system. Fatty foods, as a rule, are more difficult to digest than foods free from fat, though fat in a diet assists in the absorption of other foods in the body.

Mineral salts form the hardening matter in bones, teeth, and nails, they enter in minute quantities in the formation of all tissues.

The principal of these are the salts of soda, lime, potash, magnesium, and iron, in the form of chlorides, phosphates, and sulphates. They are obtained from animal foods, fresh vegetables and fruits, usually in sufficient quantity, with the exception of chloride of sodium (table salt), which is taken as a condiment. This salt enters into the formation of the digestive juice in the stomach. Iron enters into the colouring matter of blood, and is found in nearly all foods in minute quantities. Phosphate of lime is the chief constituent of the hardening matter of bones, also necessary for teeth. Milk is the best food by which young children can derive this and other essential mineral matter (*see Sick-room Cookery*), and if they do not contain sufficient of this class of foodstuff they will be weak and stunted in growth. The vegetable acids found in fresh fruits and vegetables, as tartaric in grapes, citric in lemons and oranges, malic in apples and pears, usually in combination as alkaline salts, form carbonates in the body and help to keep the blood in a healthy condition. If these are excluded from a diet, scurvy is mostly the result, therefore plenty of fresh vegetables and fruits should be taken.

Water is most important in our diet. More than half the weight of the body consists of water. From  $2\frac{1}{2}$  to  $3\frac{1}{2}$  pints are usually the amount required daily. Some of this is taken in the form of beverages, also all foods contain some—about 90 per cent. of green vegetables and fresh fruit consists of water.

Water acts as a solvent upon foods, rendering them easier of digestion, and by means of it food is conveyed into and through the body, and the waste products from the body.

In addition to the foregoing necessary foodstuffs, there

are the accessories, or food-adjuncts, which are not absolutely essential. These include the beverages, as tea and coffee, condiments, spices, and extractives. Without having any value as nutrients, if used moderately they are very useful as stimulants and flavourers, making the true foods more palatable, and by stimulating the digestive juices facilitating digestion.

The amount of food required will vary with different individuals and under different circumstances, whether much or little work is to be done, state of health, size, age, and other conditions, as sex, climate, season, and quality of food.

*Work.*—Those persons engaged in sedentary occupations usually require less food than those doing hard muscular work.

*Age.*—Growing children, relatively to their weight, require more food than adults, for not only is food required to repair waste tissue, but also for additional growth; if they are not supplied with sufficient food, or the right kind of food, they will be stunted or ill-developed.

The assimilative powers in old age are generally much less than in middle-aged or young people; also the body being less active, usually less food is required.

*Sex.*—The quantity of food required by women is about 90 per cent. of that necessary for men.

Climate and season affect the kind and amount of food required. In a normal state of health, the blood remains at nearly a constant temperature of 98·4° Fahr. in all latitudes. This temperature is principally maintained by loss of heat from the skin. But where the external temperature is above that of the body, as a rule, less food will suffice, especially in the fat of the diet; where the external temperature is below that of the body, the heat-giving food may be increased, a larger amount of fat being appreciated.

No one diet can be given that would suit all adults, but an average diet given by Moleschott for a man in ordinary work, weighing 150 lbs., is—

	ozs.
Proteids . . . . .	4·59
Fats . . . . .	2·96
Carbo-hydrates . . . . .	14·26
Salts . . . . .	1·06

Total water-free food . . . . 22·87

From 60 to 80 ozs. of water are taken in liquid form beside the amount which is usually contained with the above foodstuffs.

As these nutrients are not taken in the above form, a knowledge of the composition of various foods is necessary in drawing up a diet. Only an average composition can be given, as foods vary so much.

The following is taken from Parkes's "Hygiene":—

Articles.	In 100 parts.				
	Water.	Pro- teids.	Fats.	Carbo- hydrates.	Salts.
Meat of best quality, with little fat, like beefsteaks . . . .	74·4	20·5	3·5	—	1·6
Cooked meat, roast, no dripping being lost; boiled, assumed to be the same . .	54·0	27·6	15·45	—	2·95
Salt beef . . . . .	49·1	29·6	0·2	—	21·1
Salt pork . . . . .	44·1	26·1	7·0	—	22·8
Dried bacon . . . . .	15·0	8·8	73·3	—	2·9
Smoked ham . . . . .	27·8	24·0	36·5	—	10·1
White fish . . . . .	78·0	18·1	2·9	—	1·0
Poultry . . . . .	74·0	21·0	3·8	—	1·2
Bread, white wheaten, of average quality . . . . .	40·0	8·0	1·5	49·2	1·3
Wheat flour, average quality .	15·0	11·0	2·0	71·2	0·8
Barley meal . . . . .	11·3	12·7	2·0	71·0	3·0
Oatmeal . . . . .	15·0	12·6	5·6	63·0	3·0
Macaroni . . . . .	13·1	9·0	0·3	76·8	0·8
Arrowroot . . . . .	15·4	0·8	—	83·3	0·27
Potatoes . . . . .	74·0	2·0	0·16	21·0	1·0
Cabbage . . . . .	91·0	1·8	0·5	5·8	0·7
Butter . . . . .	7·5	1·0	90·5	—	1·0
Eggs (10 per cent. must be deducted for shell) . . . .	73·5	13·5	11·6	—	1·0
Cheese (single Gloucester) . .	36·0	31·0	28·5	—	4·5
Milk . . . . .	86·8	4·0	3·7	4·8	0·7
Skimmed milk . . . . .	88·0	4·0	1·8	5·4	0·8
Cream . . . . .	66·0	2·7	26·7	2·8	1·8
Sugar . . . . .	3·0	—	—	96·5	0·5

In the above indigestible cellulose is included under the heading "Carbo-hydrates."

The following table is taken from "Food," by Church :—

Foods.	In 100 parts.								
	Water.	Albumin.	Other nitrogenous compounds.	Starch.	Fat.	Sugar.	Gum and pectose.	Cellulose.	Mineral matter.
Barley, pearl . . . .	14·6	6·4	0·3	75·5	1·3	—	—	0·8	1·1
Rice . . . . .	14·6	7·5	—	76·0	0·5	—	—	0·9	0·5
Peas, dry . . . . .	14·3	22·4	—	51·3	2·5	—	—	6·5	3·0
Haricot beans . . . .	14·0	23·0	—	52·3	2·3	—	—	5·5	2·9
Lentils, husked . . . .	12·5	25·0	—	56·1	2·0	—	—	1·9	2·5
Turnips . . . . .	92·8	0·5	1·0	—	0·1	—	3·0	1·8	0·8
Carrots . . . . .	89·0	0·5	—	—	0·2	4·5	2·5	2·3	1·0
Parsnips . . . . .	82·0	1·2	—	3·5	1·5	5·0	3·7	2·1	1·0
Beetroot . . . . .	82·2	0·4	1·0	—	0·1	10·0	2·4	3·0	0·9
Onions . . . . .	91·0	1·5	—	—	0·2	—	4·8	2·0	0·5
Vegetable marrow . . .	94·8	0·6	—	0·6	0·2	2·0	—	1·3	0·5
Spinach . . . . .	90·0	1·2	—	4·0	0·5	—	—	1·0	2·0

A most important factor to consider is the digestibility of different foods, for one person may eat a large amount of food and yet not be well nourished, being unable to digest and assimilate it, while another, taking a smaller amount and digesting it, is well nourished and vigorous.

It is important to note that food should be taken at regularly stated times; it should be thoroughly masticated, because the digestive juices act more readily when the food is thoroughly disintegrated. Some foods are digested with less labour to the digestive organs than others. Usually, foods that contain little fat in their composition are easier to digest than those containing a large amount.

The following table gives the approximate results of some experiments by Dr. Beaumont, giving the time certain foods took to digest. These times are by no means consistent in all cases, idiosyncrasies of individuals, and quality of food, will cause them to vary :—

Food.	How prepared.	Time of Chymification.	
		H.	M.
Rice . . . . .	boiled	1	0
Sago . . . . .	"	1	45
Tapioca . . . . .	"	2	0
Barley . . . . .	"	2	0
Milk . . . . .	"	2	0
" . . . . .	raw	2	15
Gelatine . . . . .	boiled	2	30
Tripe . . . . .	"	1	0
Turkey . . . . .	roasted	2	30
" . . . . .	boiled	2	25
Lamb . . . . .	broiled	2	30
Chicken (full grown) .	fricassee	2	45
Mutton . . . . .	boiled	3	0
" . . . . .	roasted	3	15
Beef . . . . .	boiled	2	45
" . . . . .	roasted	3	0
" . . . . .	fried	4	0
Fowl . . . . .	boiled	4	0
" . . . . .	roasted	4	0
Duck . . . . .	"	4	0
Veal . . . . .	broiled	4	0
Suet, beef . . . . .	boiled	5	30
Suet, mutton . . . . .	"	4	30
Salmon trout . . . . .	"	1	30
Flounder . . . . .	fried	3	30
Cod fish (cured dry) .	boiled	2	0
Eggs . . . . .	raw	2	0
" . . . . .	whipped	1	30
" . . . . .	soft-boiled	3	0
" . . . . .	hard-boiled	3	30
" . . . . .	fried	3	30
Custard . . . . .	baked	2	45
Oysters . . . . .	raw	2	55
" . . . . .	stewed	3	30
Pork . . . . .	roasted	5	15
" recently salted .	boiled	4	30
" " " . . . . .	stewed	3	0
Venison steak . . . . .	broiled	1	30
Bread, wheaten . . . . .	baked	3	30
Sponge cake . . . . .	"	2	30
Apple dumpling . . . . .	boiled	3	0
Potatoes . . . . .	"	3	30
" . . . . .	baked	2	33
Beans . . . . .	boiled	2	30
Turnips . . . . .	"	3	30
Carrots . . . . .	"	3	15
Cabbage . . . . .	"	4	0
Cabbage, with vinegar .	raw	2	0

As seen by the preceding table, the method of cooking alters the time of digestion.

Cooking generally increases the value of most foods. First, it breaks up and loosens fibres and brings about chemical changes. Secondly, it destroys parasites and delays putrefaction. Thirdly, it gives variety and makes food more pleasing to the eye and palate.

In cooking vegetables, the fibres are softened and broken, the cell walls burst, liberating the starch within, which swells with heat and moisture.

Starch cannot be absorbed as such in the body ; it is acted upon by the ferments in saliva and the pancreatic juice, and changed into dextrine, then into maltose, which is easy to absorb and assimilate. These changes may be partly brought about in the prolonged cooking of starchy foods. Thus, the digestion of these may be commenced in the kitchen.

The changes that take place in meat by cooking are : parts of the insoluble sinew and connective tissue, which bind the fibres together, are turned into gelatine, which is soluble and easy of digestion ; at the same time the fibres of the meat are loosened, making them easier to masticate and to mix with the digestive juices ; it also develops sapid matters. If the heat employed be very great for too long a time, the proteids in the fibres harden and are made indigestible, so that the ideal method of cooking meat would be to cook slowly for a length of time, to make soluble the gelatinous matters, and not to raise the temperature sufficiently to harden the fibres, as in stewing meat, when properly accomplished.

Cooking, though it makes meat more savoury, generally lengthens the time of digestion. Raw meat, if not objectionable to taste, may yield more nourishment in a shorter time than cooked meat.

Most proteids coagulate at a temperature of about 170° Fahr. The chief exceptions are casein in milk and legumen in pulse.

By cooking foods, parasites, some of the bacterial products and ferments are destroyed, which delays putrefactive changes for a time.

By practising the art of cooking great variety can be

given to even simple diets, thus avoiding monotony, and giving a relish and appetite for foods through the senses of sight, smell, and taste. The æsthetic value of foods is very important to study, for the most nutritious food, as far as its composition is concerned, may often be of little or no value if its appearance or taste is repulsive, through bad cooking, slovenly serving, or becoming too familiar; while, on the contrary, inferior foods skilfully cooked and temptingly served may often create an appetite, stimulate the digestive juices, and make the work of digestion much easier.

The different methods of cooking are roasting, baking, grilling, frying, boiling, steaming, and stewing.

*Roasting* is a popular method of cooking meat, and is best when carried out in front of the fire, as the meat is then well ventilated, the unpleasant fatty vapours produced by the chemical changes that take place in the fat of the meat do not soak into the joint. The meat should be placed close to a clear bright fire. The great heat quickly coagulates the proteid juices on the outside, which forms a thin layer of hardened matter all over the joint and keeps in the juices. This takes from ten to fifteen minutes to accomplish; then it must be drawn further from the fire to cook slower. Frequent basting of the meat prevents the brown crisp outside from cracking and letting the juices escape. During the browning of the outside of the meat, odorous substances are produced, which give the characteristic aroma to roast meat. Only the prime joints should be roasted, and a good fire is required.

*Baking* is generally employed for cooking bread, pastry, and cakes. This method is only suitable for cooking meat when the oven can be well ventilated to let the greasy vapours escape from the meat, otherwise the flavour is destroyed and it is not so easy to digest. The flavour will also be spoilt if the dripping in the baking tin becomes over heated; to prevent this a double tin should be used, with water in the underpart, this will prevent the dripping from burning and from splashing over in the oven, on it is a grid which prevents the meat from lying in the fat, which would also spoil the flavour. A top-heated oven is most suitable for quickly browning the meat.

*Grilling* is similar to roasting on a small scale. It is a most savoury method of cooking small portions of meat, such as chops and steaks. When the juices on both sides of the chop or steak are sealed, the temperature of the centre becomes raised, cooks the meat quickly and gives the puffed appearance to a well-grilled chop or steak. The meat must not be probed with a fork otherwise the juices escape and the steak becomes shrunken. This method is expensive unless cooking a large quantity or grilling by gas, as a rather large bright fire is required for a small piece of meat. Only the prime portions are suitable for grilling, for being cooked quickly, tough meat would not have time to be softened.

*Frying.*—There are two methods of frying: first in a flat frying-pan with a little fat suitable for omelets, pancakes, liver, eggs, and bacon. Meat fried in a frying-pan has not such a nice flavour as when grilled, and is not so easy to digest, for the fibres of the meat become saturated with fat and taste greasy.

Second method is to fry in a deep pan with sufficient fat to cover the article fried; this is the best way of frying fish, croquets, and fritters; the articles are usually easier to digest when fried in this way and also they taste less greasy. Though a larger quantity of fat is used, it is not so expensive as it at first appears, for if the fat is not allowed to burn, and is clarified occasionally, it can be used a great many times.

Successful frying depends largely upon having the fat sufficiently hot, it is used from 350° to 375° Fahr. Most articles fried in deep fat have a coating of flour, batter, or egg and breadcrumbs, they are immersed in the very hot fat which instantly makes a coating on the outside which prevents the fat from penetrating to the interior, and also keeps the juice of the articles from mixing with the fat. Without a thermometer the heat can be judged by noting the density of the vapour rising, or by dropping in a small piece of bread which will be a golden colour in a few seconds if the fat is hot enough for fish.

The articles are to be drained from the fat, and can be laid on kitchen paper or a cloth to absorb any fat on the surface which is very little if the frying is properly accomplished.

Remove the fat from the stove when the frying is finished, as the more it is heated the darker it becomes, allow it to cool a little in the saucepan then strain it through a cloth into a basin or jar, this frees it from crumbs. The pan used for frying should be deep to allow room for the fat to rise when the articles are put in, especially for potatoes, as these are usually fried without any covering, and being watery, disagree more with the heated fat. Fats usually employed for frying are oil, lard, and dripping. The first if of good quality is the best, but more expensive than the other two; it can be strained through a cloth to help to keep it clean, but cannot be clarified. Lard usually leaves a more greasy flavour with the food. Dripping is excellent as a frying medium and has the great advantage of being the cheapest fat, and, like lard, can be clarified.

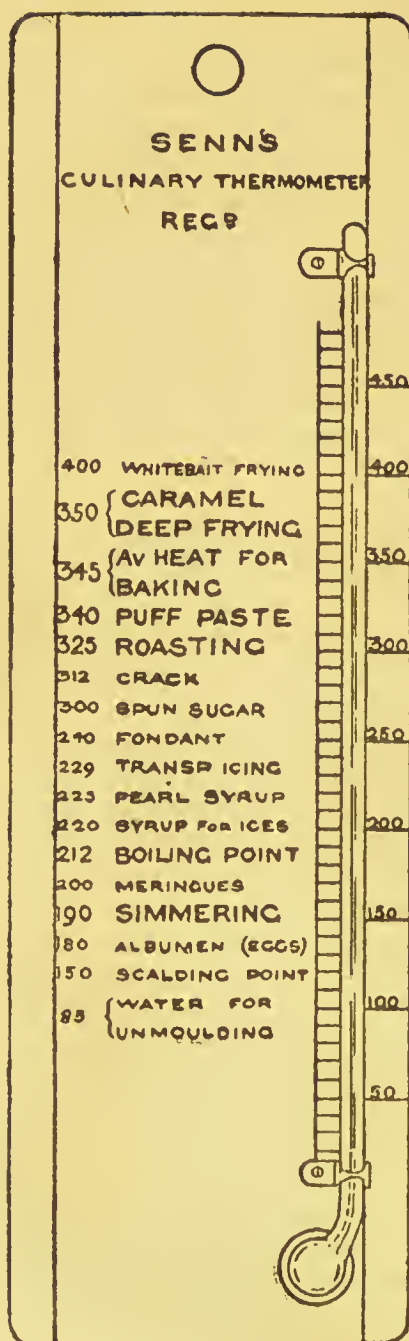
Sometimes butter is employed for frying, but usually only in a shallow pan when a small quantity of fat is required; it burns quickly.

*Boiling* is a method employed for cooking vegetables, puddings, fish, and meat. For the first two the boiling point of the water is kept up the whole time. If fish is placed in boiling water the skin contracts suddenly, tearing and spoiling the appearance, it is therefore placed in hot water, which is afterwards raised to the boiling point. For meat, after the first few minutes, the water should not again reach boiling point, or the meat will be hardened—the temperature should be kept at 200° Fahr.

In many cases it would be preferable to steam rather than to boil. Fish and meat retain more of their nutriment when steamed; but if boiled, the liquor they are cooked in should be used for the accompanying sauces.

*Steaming* makes puddings lighter than when boiled. It requires at least a third longer time and often twice as long as when boiling.

*Stewing* is the most suitable method of cooking tough and sinewy pieces of meat, as the continued slow cooking changes most of the insoluble connective tissue into soluble gelatine; thus the fibres become loosened, and the proteid matter in the fibres and juice become coagulated, but not hardened. If the meat is very tough, soaking it in a



little vinegar before stewing helps to soften it. If the meat is not tough, it can be fried quickly on both sides, which will give an added flavour, the onions and flour can also be fried, this increases the flavour and helps to colour the stew. The temperature in stewing should not rise much above 180° Fahr. It is the most economical method of cooking, for any nutriment extracted is served with the meat in the gravy. Inferior joints can be made palatable, nutritious, and digestible, and only a small fire is necessary.

Stewing is accomplished excellently in fireproof china, and with care in cheaper stoneware jars, and the flavour is usually more appreciated.

## Temperatures for Cooking

A knowledge of the temperatures required for cooking various foods may be acquired with practice, but with the use of a thermometer many failures may be avoided, as the necessary temperatures can be obtained easily. An excellent thermometer has been

brought out by Mr. C. Herman Senn, as shown in the figure. This instrument registers the temperature of syrup, fat, and water, as well as that of the oven. The cost of it is ros. 6*d*. On it is noted the temperatures required for the various methods of cooking.

Thermometers can also be bought to fit in ovens. The temperatures required for the following processes of cooking are as follows :—

Pork . . . . .	325° F.
Beef, Veal, and Game . . . . .	310° F.
Poultry and Mutton . . . . .	300° F.

in a closed oven for the first ten or fifteen minutes; afterwards open the ventilators and cook at lower temperature.

The temperature of an oven for baking bread varies slightly according to the kind of oven, quantity, and shape of loaves.

#### *Baking.*

Bread . . . . .	340—350° F.
Puff Paste . . . . .	commence at 340° F.

lowering the temperature afterwards to prevent it from getting too brown.

Short Paste . . . . .	300—320° F.
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according to quantity; a larger amount cools the oven more.

Cake . . . . .	commence 300° F.
Meat Pies . . . . .	„ 300° F.

then lower the temperature to 290° F. for about half an hour; finish cooking at still lower temperature.

#### *Frying.*

Whitebait and Raw Potatoes . . . . .	400° F.
Fish fried in Batter . . . . .	360—375° F.
Fish, Rissoles, &c., in Egg and crumbs . . . . .	350—360° F.
Fritters . . . . .	350—375° F.
Shallow Frying . . . . .	340—350° F.

#### *Boiling and Stewing.*

Meat, from 3 to 5 minutes at . . . . .	212° F.
for remainder of time . . . . .	200° F.
Simmering . . . . .	190° F.
Soup . . . . .	between 180° and 190° F.

## CHAPTER II

# MARKETING, STORING, AND SEASONS FOR FOODS

MARKETING is one of the most important acquirements of a good housewife, especially for those of limited means, to know what to buy and how to select things to get the best return for the money spent, bearing in mind that those articles that cost the least money are not always the cheapest, and, on the other hand, those which cost the most money do not necessarily yield the most nutriment. With a little trouble, forethought, and practice, experience of what is the best will soon be gained. It is mostly advantageous to the housewife to go to the market herself for fresh provisions, as poultry, fish, and vegetables ; owing to these being perishable, prices will fluctuate according to the state of the market, for if the demand for any special provision be great, or the supply be limited, the price is usually higher.

As a general rule those with small incomes should pay cash down for all purchases and run no accounts. This will prevent the tendency of people living beyond their means, and also enable them to buy at the cheapest market.

Owing to the great improvements in cold storage during recent years, and the facilities for rapid and economical transport from foreign countries, most fruit and vegetables can generally be obtained at any season—at least by those who can afford to pay fancy prices ; but most foods are of a better flavour as well as cheaper at certain times of the year.

Frozen meat, chickens, and rabbits are imported in large quantities and are cheaper than the home fed, though usually of an inferior flavour. Still, great improvements have of late been made in the storing and the treatment of thawing of these frozen commodities, thus enabling those who previously could only afford to have inferior

joints from home cattle, to have prime cuts from the imported at no more cost ; it must be taken into account, when buying meat which has been frozen, that there is about 10 per cent. more loss in cooking than in that freshly killed.

*The larder* should be away from the kitchen on a cool side of the house, well ventilated, with a current of fresh air always circulating about it, but if it has a sunny aspect a blind of matting could be fixed outside and drawn out so as not to rest against the window, thus admitting air, but not the sun.

It should have a window to open, over which can be fixed a frame with a fine gauze to keep out dust and flies. This must be frequently washed. The floor should be of stone. The shelves should preferably be of marble or slate, as these are cool, easily cleaned and dried. Wood, being absorbent, holds damp and encourages micro-organisms such as mould, as noticed when bread or flour is kept in a damp larder.

The walls and ceiling are best tiled ; if not, they should be of trowelled smooth cement, and distempered once a year. There could be an iron bar built into the walls close to the ceiling, or hooks in the latter, from which meat can be suspended. If space be limited, and vegetables must be kept in the larder, a wire receptacle for these is best. This can be taken out of the larder to sort and arrange the vegetables ; or green vegetables can be placed on a stone floor. Onions giving out a strong smell should not be kept in the same place as absorbent articles, such as milk and butter.

The larder must be kept scrupulously clean, or food will soon become tainted. Each morning the shelves should be wiped down, remains of food scrutinized, cold meats placed on clean dishes ; bones and scraps not required for other purposes, put into the stock pot, stocks boiled and poured into clean basins, bread pan wiped out with a dry cloth, all scraps of bread put, covered over, on the hot plate rack to dry for crumbs. The floor should be wiped over with a damp cloth to prevent raising dust. Once a week the larder should be emptied and thoroughly cleaned.

Empty jars and bottles should not be stored in the

larder. These would only encourage dust and would give too much labour to move each week.

A saucer containing powdered charcoal can be kept in a larder, but this being a great absorbent of odours, must be changed frequently, otherwise it may give out the smells again.

If many flies be about, all food should have muslin placed over it, but not so as to touch. Pepper sprinkled on raw meat will also prevent flies settling on it. For the same purpose gauze or fine wire cages can be bought, to be fastened over the joints while they are hanging.

Raw meat must not be kept on dishes, but hung up in a cool draught (the hooks on which it hangs must be frequently washed, and scalded). In very hot weather meat will not decompose so quickly if brushed over with acetic acid, or sprinkled with powdered charcoal. In each case the meat must be washed before cooking.

Small pieces of meat such as steaks and chops, if to be kept for a day or two in warm muggy weather, should be wiped, while quite fresh, and placed in a saucepan of boiling water for two minutes, then taken out and allowed to cool before placing in the larder.

In hot weather, and if no ice be available, and fish has to be kept for a day, it is often improved by soaking it for half an hour before using, in a shallow dish covered with cold water in which is dissolved one or two tablespoonfuls of salt.

Various cheap butter coolers can be purchased. If none be available, place the butter in a dish over which stand a clean flower pot, place them in another dish containing an inch or two of fresh cold water. Over the flower pot put a piece of muslin, the ends of which reach the water.

An earthenware pan with cover of same material or of wood should be kept for the bread.

If a refrigerator can be obtained it is an excellent addition to a larder. In it place ice covered over in a piece of clean house flannel. Arrange the shelves above the ice, and on these, milk, butter, fish, will keep better in hot weather. The ice also helps to lower the temperature of the larder.

If the larder arrangements are not good, and raw meat be kept in the refrigerator, it must be taken out of it for

an hour before cooking, otherwise the sudden change of temperature tends to harden and spoil the flavour of the meat. Should anything be spilt inside the refrigerator it must be wiped at once.

Once a week the shelves and the inside should be well scrubbed in hot soapy water, rinsed with cold water and wiped.

The position of a larder is not always under the control of the housewife, and if not very cool and airy, a hanging safe can be bought in which to keep meat, fish, and other quickly perishable goods. This could be hung in a cool airy place, or fixed outside a window.

The storeroom or cupboard should be dry and ventilated. If the necessary capital be available and the space for storage exists, economy both in time and money will generally be effected by purchasing dry goods, such as rice, tapioca, oatmeal, sugars, and dried fruit generally, in seven pounds or even larger quantities. Coffee should be bought in the berries. If these are roasted, buy in small quantities, keep in a tin with a tightly fitting cover, grind only the amount required in order to preserve the aroma.

Tea is not supposed to deteriorate much with keeping. A reasonable amount can be purchased, but it should be kept closely covered.

Spices should be bought in small quantities, as they tend to deteriorate when opened.

Flour for small families can be bought by the stone, and kept in a wooden tub with a cover.

Washing soda can be bought in large quantities, but should be kept from the air.

Soap for household purposes should be purchased by the bar, cut into pieces, and kept for a time to well dry; this will prevent it from dissolving too quickly in water.

No strong smelling articles should be kept in the store cupboard unless they are sealed up.

A small quantity of different kinds of sauces, bottled or dried soups, bovril, packets of jellies and bottled fruits should be stored in case of emergency, also preserves and pickles.

All dry goods are best kept in covered tins or jars, not left in paper; if left exposed, there is a tendency to encourage insects and mice.

## Seasons for Foods

## FISH

	best from	November until	March.	Obtainable all the year.
Brill	.	September	April.	"
Cod	.	January	March.	"
Dory	.	July	November.	"
Eels	.	August	November.	"
Flounders	.	August	March.	"
Haddocks	.	November	August.	"
Hake	.	May	January.	Obtainable all the year.
Halibut	.	July	February.	"
Herrings	.	December	March.	Obtainable all the year.
Lemon soles	.	February	November.	"
Kipperd herrings	.	August	May.	"
Mackerel	.	"	"	"
"	kippered	April	October.	"
Mullet	.	May	February.	Obtainable all the year.
Plaice	.	January	September.	Salmon is good and plentiful in July
Salmon, English	.	December	April.	and August; spring salmon con-
" Dutch	.	January 1st	end of Sept.	sidered choice, price rather high.
" Irish	.	February	August.	"
" Scotch	.	December	May; but the flavour is very inferior.	"
" Frozen, from the Pacific	.	July	October.	"
Sea bream	.	End of October until May.	"	"
Skate	.	October until May.	"	"
Smelts	.	August	January	Obtainable all the year.
Soles	.	"	"	"
Slips	.	November until	February.	"
Sprats	.	February	September 7th.	Can be sold for seven days after.
Trout salmon	.	"	"	"

Turbot	.	.	.	.	.	best from	November until	January.	Obtainable all the year.
Whitebait	.	.	.	.	.	"	February	August.	
Whiting	.	.	.	.	.	best	July	March.	Obtainable all the year.
Witch	.	.	.	.	.	"	August	April.	Similar to lemon soles, but thinner and inferior.

### SHELL FISH

Crabs	.	.	.	.	.	most abundant from	March	until	June.	Obtainable all the year.
Crayfish, French	.	.	.	.	.	from	June 15th	"	March 15th.	
Lobster	.	.	.	.	.	best	in summer			Obtainable all the year.
" Scotch	.	.	.	.	.	from	Sept. 1st	"	June 1st.	
Mussels	.	.	.	.	.	"	September	"	April.	
Oysters, Natives and Dutch	.	.	.	.	.	"	September	"	April.	
" American relaid	.	.	.	.	.	"	April	"	September	The weather is too hot in summer for oysters to be carried alive from America; they are brought over in the winter and laid on English coast to fatten ready for market in summer.
Prawns	.	.	.	.	.	best from	April	until	August.	
Scallops	.	.	.	.	.	"	September	"	April.	
Shrimps	.	.	.	.	.	best	"	"	September.	Obtainable all the year.
Cod's roes	.	.	.	.	.	"	May	"	April.	
Plaice roes, or the small roes sold by the pound	.	.	.	.	.	"	December	"	April.	
							February and March.			

### POULTRY AND GAME

Black game	.	.	.	.	.	from	August 20th until	December 10th.
" Foreign	.	.	.	.	.	"	January	May; are cheaper.
Capercailzie	.	.	.	.	.	"	October	March; then foreign ones are obtainable.
Capons	.	.	.	.	.	"	All the year.	Usually cheaper from October to January.

POULTRY AND GAME—*continued*.

Chickens . . . cheapest from September until December. Frozen chickens are imported from America and Russia from January until May; they are very good, and come opportunely when home-fed birds are finished.

Chickens, spring . . . .	from April	until June.
Ducks, cheapest and best . .	September	December, but obtainable all the year.
" wild . . . .	August	March.
Ducklings . . . .	March	July.
Geese . . . .	October	February.
Goslings . . . .	April	September.
Grouse . . . .	August 12th	December 10th. Can be obtained for twelve days after.
Guinea-fowls, English . .	December	April.
" Italian . . . .	November	"
Hares, English . . . .	August 1st	" the last day in February. Foreign hares are larger and coarser than British, and should only be used for jugging; they can be obtained all the year.

Leverets . . . .	from September 1st until end of February.
Ortolans . . . .	March until July.
Partridges . . . .	1st of September until end of February. Can be obtained for twelve days after. Foreign, from March to December.
Pheasants . . . .	1st of October " 31st of January. Can be obtained for twelve days after.

Obtainable all the year.

Pigeons, Bordeaux . . .	October until April.
" wood . . . .	All the year.
" tame . . . .	1st of August until 1st March. Best in November and December.
Plovers . . . .	10th of December. Foreign birds until June.
Ptarmigan . . . .	Scotch ptarmigans are getting scarce now; the bulk of those exhibited are Russian and Norwegian.

Quails . . . . .	best from May until July.	Can be obtained all the year.
Rabbits, English wild . . . . .	All the year.	But the large ones are tough and coarse from April to June.
Rabbits, Australian and New Zealand . . . . .	All the year.	
Rabbits, Ostend . . . . .	All the year.	The best arrive from August to January.
Snipe . . . . .	from 1st August until 1st March.	Within recent years immense quantities arrive from these countries, and being examined and passed for export by government officials, can generally be relied upon.
Teal . . . . .	August until end of March.	Best in winter months.
Turkey . . . . .	November until February.	Are most plentiful in mild weather.
" poults . . . . .	August until October.	
Widgeons . . . . .	August " February.	
Woodcock . . . . .	1st of August until 1st of March.	Can be obtained for fifteen days after.

# VEGETABLES

Artichokes, globe . . . . .	from February until September.	
" Jerusalem . . . . .	October " March.	
Asparagus . . . . .	April " July.	Can be obtained from January, but the price is very high.
Beans, broad or Windsor . . . . .	June " August.	
" French . . . . .	June " October.	Obtainable all the year.
" scarlet runners . . . . .	July " September.	
Beetroots . . . . .	best from July " November,	but are stored, so obtainable in fair condition all the year.
Broccoli, purple . . . . .	March " May.	
Brussels sprouts . . . . .	September " March.	
Cabbages . . . . .	July " November.	

VEGETABLES—*continued*.

Cabbages, spring red	. . .	from April	until July.	
"	. . .	" September	" November.	
Carrots	. . .	" All the year.		New May and June.
Cauliflowers or broccoli	. . .	from September	until early Summer.	The yellow loose flower is inferior to the close white flower.
Celeriac	. . .	" September	" February.	
Celery	. . .	" September	" March.	
Cornsalad	. . .	" October	" February.	
Cucumbers	. . .	" April	" September.	Can be obtained all the year.
Egg-plant or Aubergines	. . .	" September	" November.	
Endive	. . .	" March	" October.	Can be obtained all the year.
Greens	. . .	" February	" April.	
Horseradish	. . .	" All the year.		
Leeks	. . .	" " "	" " "	
Lettuce, English	. . .	from April	" October.	Can be obtained all the year.
Mushrooms, field	. . .	" August	" October.	
" forced	. . .	" All the year.		
Mustard and cress	. . .	from January	until September.	Can be obtained all the year.
Onions	. . .	" All the year.		
" pickling	. . .	from October	until November.	
" Spanish	. . .	" October	" March.	
" spring	. . .	" February	" September.	
Parsnips	. . .	" September	" April.	
Peas, English	. . .	" July	" September.	
Peas, Foreign	. . .	" February	" June.	
Potatoes	. . .	" All the year.		Best kinds, Myatts, Maincrops, Royals and Snowdrops.
" English new	. . .	from May	until July.	
" from Jersey, new	. . .	" December	" July.	
" from Canary Islands	. . .	" January	" June.	Also from Algeria from December until March; prices high.

Radishes . . . . .	from February until September.	
Salsifys . . . . .	December " March.	
Savoys . . . . .	October " March.	
Scotch kale . . . . .	" " "	
Seakale . . . . .	" November until April.	Expensive at first, and in extremely cold weather.
Sorrel . . . . .	June " September.	
Spinach . . . . .	All the year.	
Tomatoes . . . . .	" "	English, grown under glass from February until December.
Turnips . . . . .	All the year.	New turnips May and June.
Turnip tops . . . . .	from February until April.	
Vegetable marrow . . . . .	July " October.	
Watercress . . . . .	" All the year.	In prime from January until May.

# HERBS

Basil . . . . .	from May until September.	WHEN TO DRY
Bayleaves . . . . .	All the year.	August and September.
Chervil . . . . .	" " Usually forced.	
Fennel . . . . .	from March until September.	July.
Marjoram . . . . .	May " September.	July.
Mint . . . . .	April " September.	August and September.
	Also forced earlier.	
Parsley . . . . .	All the year.	
Sage . . . . .	from May until October.	August and September.
Tarragon . . . . .	All the year. Usually forced.	
Thyme . . . . .	from May until October.	August and September.
Winter Savoury . . . . .	" May " August.	August.

## FRUIT

Apples, English . . . .	from September until May.	Obtainable all the year. <i>Eating</i> .—Some of the best are Blenheim Orange, Cox's, Golden, Fearn's, King, Ribston, Sturmer and King Pippins. <i>Cooking</i> .—Wellingtons, Keswick, Ecklinville, Lord Derby, Lord Suffield, Stirling Castle.
Apricots . . . .	from July until September.	Moorpark and Royal, two good varieties.
Blackberries . . . .	September " November.	Are dull looking when long gathered.
Cherries . . . .	June " September.	For eating, Whitehearts, Bigarreau. For cooking, Wellingtons, Waterloo, Blackhearts. Morella, best for preserving.
Chestnuts . . . .	from October until January.	
Cobnuts . . . .	September " January.	
Cranberries . . . .	December " June.	
Currants, red . . . .	June " August.	
" black . . . .	July " August.	
Damsons . . . .	August " October.	Best Shropshire prune. Inferior plums, as Damasene and Cobblers, are often sold as damsons; damsons are pointed, the plums are not.
Gooseberries, green . . . .	from April until June.	Best cooking, Crown Bobs, Whitesmiths.
" ripe . . . .	July until September.	Best Crown Bobs, Aston Reds, Golden Drop.
Grapes . . . .	All the year.	English, best black, Gros Colman, Gros Maroe, Alicante, Hamburgh, Lady Downe Green Muscats, Sweet Water.
" Foreign . . . .	All the year.	Channel Islands, Gros Colman, Gros Maroe, Alicante, Hamburgh, Lady Downe Green Muscats, Sweet Water. Cape of Good Hope, Almerias, Murcia.
" Spanish . . . .		Green grapes.

Greengages, English	.	.	from August until September.
" Foreign	.	.	July until September.
Lemons	.	.	All the year.
Melons, sweet	.	.	from July until September.
" water	.	.	July " September.
" custard	.	.	March " October.
Oranges	.	.	October " June.
" for preserving.	.	.	
Peaches	.	.	from August until September.
Pears	.	.	August " January.
Pineapples	.	.	All the year.
Plums	.	.	August and September.
Raspberries	.	.	July and August.
Rhubarb, forced	.	.	from December until April.
" garden	.	.	April " June.
Strawberries	.	.	June " August.
Walnuts	.	.	from September until December.

Cheapest from October until May.  
From Valencia.

Hothouse grown.

Best are from Jamaica, Jaffa, Sidon, Murcia, Valencia.

Seville, Shaddock or Grape Fruit.

*Eating*.—Jargonelle, Williams, Duchess, Bonne Louise, Amalis, Glou Morceau.

*Cooking*.—Beurre Diel and Clairgeau, White and Brown Phillips.

English pineapples the finest, but seldom can be bought under 15s. each; next best from St. Michael and Jamaica; cheaper and inferior pines from the West Indies.

Best sorts, Early Prolific, Victoria, Pond's Seedlings.

*Cooking*.—Washingtons, Victoria, Magnum Bonum.

Best kinds, Nobles, Royal Sovereigns, Paxtons, the latter best for cooking, keeps whole in boiling.

For pickling, May and June. Try them by pricking with a needle; if any shell has formed, useless for pickling.

## CHAPTER III

### SIMPLE MEALS

OFTEN one of the greatest difficulties for the young housewife is that of catering for two persons; to arrange the meals to give variety, and the right proportions of the different foodstuffs necessary to keep a sound mind and a healthy body, without waste, on a limited income; also minimising and planning the labour of preparing such that time may be available for other interests.

Menus are not difficult to obtain for large dinners, where cost is not considered, nor the shilling or sixpenny type of dinner, but neither of these are of use to those who have an average of 30s. per week to spend on food for two and a maid. The following menus are not specially arranged for economy, still there is no allowance for waste.

The careful housewife will find that ordinary plain soups can be served daily, often without any appreciable rise in the weekly or monthly accounts. The object of not giving them every day is to save the labour, as the menus are very suitable to those who live in the suburbs, where the wage-earner is away during the day, returning to a late dinner. Also where the work is accomplished single-handed, or with an inexperienced maid, or the occasional help of a char-woman. In the case of a maid being kept, it will be often found more convenient for her to have her dinner late from the dining-room; this will ensure her having a good dinner with plenty of vegetables. On her half-day out a mid-day dinner could be provided.

No provision has been made for lunches, as mostly something will be left over from the previous day. The menus are arranged for one month in summer and one for winter. They naturally would not be suitable for everybody, as tastes differ so much; but they can be taken as a guide, and,

allowing twice for visitors, could be provided on an average of 30s. per week, or £6 to £6 10s. per month.

## One Month's Menus for Cold Weather

For the breakfasts, brown and white bread, butter, marmalade, and occasionally rolls or scones are understood to be provided. On an average 1 lb. of best butter would be required for the dining-room, about 3 lbs. of marmalade or jam per fortnight, and 1 lb. of cheese; 2s. per week for fruit—this will only provide the cheaper kinds, such as apples, bananas, oranges, nuts, and the cheaper kinds of grapes. Fruit is an excellent addition to the usual breakfast menu, especially if marmalade be not liked.

### FIRST WEEK

#### SUNDAY

##### *Breakfast*

Shredded Wheat.  
Fried Bacon and Eggs.

##### *Mid-day Dinner*

Roast Shoulder of Lamb (Canterbury).  
Mint Sauce (dried mint).  
Potatoes—Green Peas (dried).  
Fig Pudding and Cornflour Sauce.

Pudding made on  
Friday or Saturday,  
finish cooking on  
Sunday.

Cheese. Fruit.

##### *Supper*

Cold Lamb and Mint Sauce.  
Salad of Tomatoes, Potatoes and Peas. The two latter the  
remains from the  
dinner.  
Stewed Fruit and Custard—cooked on Saturday.  
Butter. Cheese.

#### MONDAY

##### *Breakfast*

Porridge.  
Kippers.

##### *Dinner*

Vegetable Soup. Using bones from the lamb for stock.  
Grilled Fillet Steak.  
Stewed Celery. Mashed Potatoes.  
Slices of Fig Pudding warmed with melted Butter Sauce.  
(Left from Sunday.)  
Butter. Cheese. Fruit.

## TUESDAY

*Breakfast*

Porridge.

Meat and Potato Cakes.

Remains of lamb minced in the morning; potato left from dinner; cakes prepared in the evening.

*Dinner*

Lentil Soup.

Fried Slices of Cod, Parsley Sauce

(about 1 lb.).

Fried Potatoes.

Cauliflower au Gratin.

Served separately; prepared in the morning.  
Prepared in the morning.

Jam Roly Pudding.

Butter. Cheese. Fruit.

## WEDNESDAY

*Breakfast*

Porridge.

Liver and Bacon.  $\frac{1}{4}$  lb. liver.*Dinner*

Tomato Soup.

Veal stuffed and roasted.

The thick part of the breast or the neck boned.

Boiled Bacon. 2 lbs. of the collar.

Potatoes baked under the meat.

Greens.

Rice Pudding.

Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Porridge.

Cold Boiled Bacon.

Boiled Eggs.

*Dinner*

Steamed Hake. Egg Sauce.

(1 to 1 $\frac{1}{2}$  lbs. of fish.)

Hashed Veal.

If any eggs left from breakfast use for sauce.  
Tomato pulp added to sauce.

Potatoes. Boiled Macaroni.

Gooseberry Tart. Custard.

2 ozs of Macaroni.  
Gooseberries bottled when cheap.

Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Porridge

Baked Fish Pudding. Remains of fish and potato from dinner prepared in the evening.

*Dinner*

Carrot Soup.	Stock, remains from veal bones.
Stuffed and Roast Rabbit.	Pieces of the cold bacon may be grilled and served.
Butter Beans. Potatoes.	
Baked Apples. Rice Pudding.	
Cheese. Butter. Fruit.	

## SATURDAY

*Breakfast*

Porridge.	
Croquets of Meat.	Prepared over-night. If any veal left over with remains of bacon and rabbit.

*Mid-day Dinner*

Brown Soup with Rice.	Stock from head and carcase of rabbit.
Grilled Mutton Chops.	
Baked Tomatoes. Potatoes.	
Rice Pudding.	Remains from Friday, placed in smaller dish and warmed.
Jam Tartlets.	Made from some of the same pastry while making tart for Sunday.

Butter. Cheese. Fruit.

*Supper*

Sausages and Fried Potatoes.	Potatoes left from dinner.
Cheese Pudding.	Prepared in the morning, baked in the evening.
Butter. Cheese. Fruit.	

## SECOND WEEK

## SUNDAY

Meals this day suitable for having visitors.

*Breakfast*

Shredded Wheat.	
Dried Haddock.	Large enough to leave some for Monday's breakfast.

*Mid-day Dinner*

Roast Beef. Sirloin or Ribs 6 to 7 lbs.	
Yorkshire Pudding.	
Greens. Potatoes.	
Date Pudding and Custard Sauce.	Pudding made on Thursday or Friday and warmed up.
Orange or Lemon Jelly.	

*Supper*

Tomato Soup.  
 Cold Beef. Corn Salad ( $\frac{1}{2}$  lb.).  
 Celery and Beetroot.  
 Fruit Tart. Custard.  
 Jelly.  
 Cheese. Butter. Fruit.

## MONDAY

*Breakfast*

Porridge.  
 Kedgeree garnished with boiled egg. Remains of haddock  
 from Sunday.

*Dinner*

Mutton Broth (1 lb. of scrag Meat taken from bones  
 of mutton). and served in broth.  
 Russian Cutlets. Using rather thick slices  
 of the roast beef instead  
 of mutton.  
 Seakale or Cauliflower and  
 White Sauce.  
 Date Pudding. Remains of pudding  
 sliced, or left whole,  
 and warmed.  
 Butter. Cheese. Fruit.

## TUESDAY

*Breakfast*

Porridge.  
 Fried Bacon and Eggs.

*Dinner*

Stuffed and Boiled Haddock. Egg Sauce.  
 Boiled Potatoes.  
 Beef Fritters, Piquante Sauce. Some of the cold roast  
 beef.  
 Haricot Beans. Potatoes.  
 Friar's Omelet.  
 Butter. Cheese. Fruit.

## WEDNESDAY

*Breakfast*

Porridge.  
 Beef and Rice Cutlets. Final pieces of the beef, adding  
 two or three anchovies.

*Dinner*

Potato Soup.  
 Roast Mutton. Chump end of loin,  
 about  $1\frac{1}{2}$  to 2 lbs.,  
 and 2d. of beef  
 bones.  
 Baked Potatoes. Cabbage.  
 Boiled Batter Pudding. Jam Sauce.  
 Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Porridge.  
 Fried Kidney on Toast. 2 or 3 foreign kidneys (1½d. each).  
 Bacon.

*Dinner*

Fried Fillets of Fish. Anchovy Sauce. (Lemon Soles or Plaice.)

Shepherd's Pie. Remains of mutton sliced for pie.  
 Stock from the bones.

Celeriac and Tomato Sauce.  
 Treacle Sponge Pudding.  
 Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Porridge.  
 Grilled Fresh Haddock.

*Dinner*

Vermicelli Soup. Clear soup from the bones bought with mutton.  
 Roast Pork. 1½ lbs. of small loin of pork.  
 Apple Sauce.  
 Cabbage. Baked Potatoes.  
 Sago Pudding.  
 Butter. Cheese. Fruit.

## SATURDAY

*Breakfast*

Porridge.  
 Bloaters.  
 Boiled Eggs.

*Mid-day Dinner*

Curried Pork and Rice. Remains of Pork.  
 Steak and Kidney Pie. ¾ lb. of stewing steak, ¼ lb. of ox kidney.

Parsnips. Potatoes.  
 Sago Pudding. Pudding from Friday dinner.

*Supper*

Cold Pie.  
 Toasted Cheese.

## THIRD WEEK

## SUNDAY

*Breakfast*

Shredded Wheat.  
 Scotch Eggs. Prepared on Saturday.

*Mid-day Dinner*

Boned, Stuffed and Roasted Veal.  $3\frac{1}{2}$  to 4 lbs. of fillet of veal.

Boiled Bacon. 2 lbs. of collar.

Spinach. Baked Potatoes. Spinach prepared on Saturday.

Macaroni Pudding.

Stewed Apricots. 1 lb. dried Apricots.

*Supper*

Cold Veal.

Salad and Tomatoes.

Cheese Straws.

Cooked on Saturday, using  
some of the pie pastry.

Remains of Pudding and Apricots.

## MONDAY

*Breakfast*

Porridge.

Cold Bacon. Eggs in Tomatoes. Large tomatoes ; pulp  
saved for the veal  
for dinner.

*Dinner*

Milk Soup.

Slices of Veal warmed in Tomato Sauce.

Mashed Potatoes. Boiled Carrots.

Macaroni Cheese—served separately.

Lemon Roly Pudding.

## TUESDAY

*Breakfast*

Porridge.

Fried Bacon and Eggs.

*Dinner*

Thick Soup.

Roast Mutton.  $\frac{1}{2}$  lb. neck of mutton.

Cabbage. Potatoes.

Apple Pudding.

Butter. Cheese. Fruit.

## WEDNESDAY

*Breakfast*

Porridge.

Mutton and Potato Cakes.

Using cold bacon if any  
be left.

*Dinner*

Fried Whiting. Lemon Sauce.

Mashed Potatoes.

Stewed Rabbit and Pork.

1 lb. Ostend Rabbit, or  
small wild rabbit and  
 $\frac{1}{2}$  lb. of pickled pork.

Green Peas (dried).

Treacle Tart.

Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Porridge.

Fried Sausages and Potatoes. Potatoes left from dinner

*Dinner*

Thick Soup.

If any rabbit or pork left, cut  
it small and serve in soup.Grilled Rump Steak.  $\frac{1}{2}$  lb.

Fried Potatoes. Greens.

Nottingham Pudding.

Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Porridge.

Grilled Cod and Bacon. Not more than  $\frac{1}{2}$  lb. cod.*Dinner*Kidney Soup.  $\frac{1}{2}$  lb. ox kidney.

Irish Stew. 1 lb. middle-cut neck of mutton.

Brussels Sprouts.

Baked College Pudding.

## SATURDAY

*Breakfast*

Porridge.

Poor Man's Omelet.

*Mid-day Dinner*Deville Herring Roes on Toast. Roes from four herrings,  
the herrings potted for  
Sunday.

Boiled Salt Beef. 9 to 10 lbs.

Dumplings. Carrots. Turnips.

Potatoes.

Rice Pudding.

Butter. Cheese. Fruit.

*Supper*

Cheese Soufflé.

Cold Beef.

Pickled Walnuts.

## FOURTH WEEK

## SUNDAY

*Breakfast*

Shredded Wheat.

Potted Herring.

Boiled Eggs.

*Mid-day Dinner*

Thick Soup.

Prepared Saturday ; using stock from  
beef and the giblets.

Roast Fowl.

A large fowl, only cutting on one side.

Boiled Ham. 2 lbs. of corner.  
 Bread Sauce.  
 Potatoes. Beans (potted in salt in the autumn).  
 Plum Pudding and White Sauce.  
 Butter. Cheese. Fruit.

*Supper* (suitable to have visitors)

Tomato Soup.

Prepared on Saturday with  
 beef stock.

Cold Fowl and Ham.  
 Cold Beef. Winter Salad.  
 Trifle.  
 Orange Jelly.  
 Cheese. Butter.

MONDAY

*Breakfast*

Porridge  
 Cold Ham.  
 Poached Eggs on Toast.

*Dinner*

Rice Soup.  
 Rissoles of Chicken.

All scraps from the carcase  
 and some ham.

Cold Beef.  
 Potato and Tomato Salad.  
 Italian Potato Pie.  
 Plum Pudding warmed.  
 Cheese. Butter. Fruit.

Served separately.  
 Remains from Sunday.

TUESDAY

*Breakfast*

Porridge.  
 Slices of Cold Ham Grilled.  
 Buttered Eggs.

*Dinner*

Cheese Soup.  
 Roast Mutton.

Small leg of mutton, small half  
 of best end roasted.

Cabbage. Potatoes.  
 Caramel Pudding.  
 Butter. Cheese. Fruit.

WEDNESDAY

*Breakfast*

Porridge.  
 Stuffed Eggs. Made on Tuesday, using some of the ham.  
 Potted Beef. Remainder of beef and ham.

*Dinner*

Steamed Cod. Parsley Sauce.  $\frac{3}{4}$  lb. of fish.  
 Boiled Potatoes.

Grilled Mutton Cutlet.

A thick slice cut from the remaining half of leg of mutton.

Beans (salted in the autumn).

Potatoes.

Rice Pudding.

Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Porridge.

Shrimp and Bacon Rolls.

Potted Beef.

Left from Wednesday.

*Dinner*

Chestnut Soup.

Stuffed Roast Skirt of Beef. 1 to 1½ lb.

Parsnips. Baked Potatoes.

Battenberg Pudding.

Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Porridge.

Curried Croquets of Meat.

Remains of cooked mutton or skirt.

*Dinner*

Grilled Fresh Herrings. Mustard Sauce.

Boiled Knuckle of Mutton, Pudding.

The knuckle end of the leg, a thin pudding crust laid over the cut end.

Mashed Turnips. Potatoes. Carrots.

Baked Custard.

Stewed Apples.

## SATURDAY

*Breakfast*

Porridge.

Fish Cakes.

Make with herrings or any cheap fish, prepared on Friday.

*Mid-day Dinner*

Mutton Broth.

Liquor from the mutton cooked again with the bone, any meat left, cut small and served in soup with vegetables.

Grilled Rump Steak. ¾ lb.

Fried Potatoes.

Custard and Apples.

Remains from Friday.

Butter. Cheese. Fruit.

## One Month's Menus for Warm Weather

Porridge is not included in the following breakfasts, as it is often found too heating for the blood in warm weather. Shredded wheat and milk could be taken, if oatmeal is not suitable, and if a dish of that kind be required.

### FIRST WEEK

#### SUNDAY

##### *Breakfast*

Poached Eggs on Toast.  
Potted Bloater. Prepared on Saturday.  
Fruit.

##### *Mid-day Dinner*

Grilled Salmon and Cucumber  
( $\frac{1}{2}$  lb. of fish).  
Potatoes.  
Galantine of Beef, garnished  
with Aspic.

About 1 quart of aspic jelly could be made the previous day. Used as required for garnishing cold dishes and salads. If some be put into a wide-necked bottle and corked, it will keep for three or four weeks.  
Cooked on Saturday.

Vegetable Salad.  
Trifle.  
Cheese. Butter. Fruit.

##### *Supper*

Galantine of Beef.  
Salad.  
Anchovy Eggs. Prepared on Saturday, filled Sunday.  
Trifle. Jelly.  
Cheese. Butter.

#### MONDAY

##### *Breakfast*

Fried Bacon and Tomatoes.  
Potted Bloater.  
Fruit.

##### *Dinner*

Spring Soup.  
Slices of Galantine of Beef, garnished with Vegetable Salad.  
Eggs au Gratin.  
Fruit Tart. Custard.  
Butter. Cheese. Fruit.

## TUESDAY

*Breakfast*

Grilled Fresh Haddock.  
Boiled Eggs.  
Fruit.

*Dinner*

Melon.  
Roast Neck of Lamb.  $1\frac{1}{2}$  lbs., remainder for next day.  
Mint Sauce.  
Peas. Potatoes. Sufficient of each to be cooked for two days.  
Cornflour Fruit Jelly.  
Cream. (3d.)  
Butter. Cheese. Fruit.

## WEDNESDAY

*Breakfast*

Savoury Omelet.  
Sardines.  
Fruit.

*Dinner*

Lemon Soles and White Sauce. Cooked in an au Gratin dish and sauce poured over.  
Cold Lamb in Aspic. The cold lamb cut into neat chops or slices, covered with aspic jelly, and decorated with lettuce or small cress and beetroot.  
Peas and Potatoes in Mayonnaise.  
Banana Fritters.  
Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Savoury Hominy Fritters. Herbs or cheese added instead of sugar.  
Fried Tomatoes.  
Sardines. Left from previous morning.

*Dinner*

Boiled Cod and Caper Sauce.  
Potatoes.  
Nut Cutlets and Brown Sauce.  
Beans.  
Custard Tart.  
Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Fish Cakes. Fish, sauce, and potatoes left from previous dinner.  
Fruit.

*Dinner*

Tomato Soup.  
 Grilled Fillet Steak.  $\frac{1}{2}$  to  $\frac{3}{4}$  lb.  
 Fried Potatoes.  
 Spinach.  
 Cold Charlotte Pudding.  
 Butter. Cheese. Fruit.

## SATURDAY

*Breakfast*

Shredded Wheat and Milk.  
 Stuffed and Baked Herrings. Prepared on Friday. They  
 may be served hot or cold.  
 Fruit.

*Mid-day Dinner*

Fried Whiting. Anchovy Sauce.  
 Boiled Potatoes.  
 Bobotee.  
 Beans.  
 Blancmange and Stewed Fruit.  
 Butter. Cheese. Fruit.

*Supper*

Soused Mackerel.  
 Salad, garnished with Eggs.  
 Remains of Blancmange and Fruit.  
 Cheese Straws.

All prepared in the morning.

Butter. Cheese. Fruit.

## SECOND WEEK

## SUNDAY

*Breakfast*

Scotch Eggs (cold). Prepared and cooked on Saturday.  
 Tomatoes.

*Mid-day Dinner*

Clear Soup with Vermicelli. (Bones bought for soup  
 and made on Saturday.)  
 Roast Chicken and Bread Sauce.  
 Boiled Ham.  $2\frac{1}{2}$  lbs. of corner.  
 Peas. Potatoes.  
 Fruit Tart. Cooked on Saturday.  
 Custard.

*Supper*

Cold Chicken and Ham.  
 Salad. Remains of vegetables mixed with it.  
 Tart and Custard.  
 Butter. Cheese. Fruit.

## MONDAY

*Breakfast*

Poached Eggs on Anchovy Toast.  
Cold Ham.  
Fruit.

*Dinner*

Cucumber Soup.  
Chicken Rissoles. Scraps off carcase of chicken with a  
little ham.  
Mutton Chops.  
Beans. Potatoes.  
Cold Caramel Pudding.  
Butter. Cheese. Fruit.

## TUESDAY

*Breakfast*

Fried Bacon.  
Baked Bananas.

*Dinner*

Melon.  
Stuffed and Roast Veal.  $3\frac{1}{2}$  to 4 lbs. fillet of veal.  
Slices of Ham Grilled. Slices from cold fat ham.  
Spinach. Potatoes.  
Fruit Salad and Cream. (3d.)  
Anchovy Straws.

## WEDNESDAY

*Breakfast*

Grilled Mackerel.  
Boiled Eggs.

*Dinner*

Fish Soup.  
Cold Veal in Aspic. Pot the remainder of veal.  
Vegetable Salad.  
Risotti.  
Bread and Butter Pudding.  
Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Fish Cakes. Made with rice instead of potato.  $\frac{1}{2}$  lb. of  
fish cooked in the soup on previous day.  
Fruit.

*Dinner*

Clear Soup with Macaroni. Made from veal bones.  
Grilled Salmon, Tartar Sauce.  $\frac{1}{2}$  to  $\frac{3}{4}$  lb.  
Cucumber. Potatoes.  
Eggs stuffed on Salad. With some of the potted veal.  
Pudding. Stewed Fruit. Remainder of bread and  
butter cut into pieces  
and served in glass dish.  
Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Potted Veal.  
Buttered Eggs.

*Dinner*

Sorrel Soup.  
Stewed Ox Kidney in Tomato Rice Border.  $\frac{1}{2}$  lb. of kidney.  
Potatoes.  
Gnocchi.  
Felixstowe Tart.  
Butter. Cheese. Fruit.

## SATURDAY

*Breakfast*

Fried Whiting.  
Fruit.

*Mid-day Dinner*

Anchovy Croûtons.

Without eggs on top, only anchovy paste and chopped gherkins or capers.

Roast Lamb (Canterbury). If visitors be coming on Sunday evening, a haunch, cutting first the loin portion; if not a leg will be sufficient.

Mint Sauce.

Peas or Beans and Potatoes. Sufficient to be cooked for Sunday.

Felixstowe Tart.

Remains from Friday, cut into portions and served in glass dish.

Butter. Cheese. Fruit.

*Supper*

Nut Cutlets and Sauce. Prepared in the morning with the stuffing for the marrow for Sunday.

Fried Tomatoes.

Egg Salad.

Butter. Cheese. Fruit.

## THIRD WEEK

## SUNDAY

*Breakfast*

Dried Haddock.  
Fruit.

*Mid-day Dinner*

Marrow Stuffed with Nut Mixture. Brown Sauce.  
Prepared Saturday.  
Cold Roast Lamb. Mint Sauce.

Vegetable Salad.

Peas and Potatoes cooked on Saturday, sliced tomatoes, and chopped tarragon and chervil.

Stewed Fruit and Custard.  
Butter. Cheese. Fruit.

*Supper* (suitable to have visitors)  
Cold Roast Leg of Lamb.

Glazed and garnished with Aspic Jelly. Prepared on Saturday.

Mint Sauce.

Eggs.

Salad.

Hollandaise Pudding.

Fruit Jelly.

Butter. Cheese. Bread.

#### MONDAY

##### *Breakfast*

Fried Bacon and Eggs.  
Fruit.

##### *Dinner*

Haddock and Curried Rice.

Dried Haddock left from Sunday, boned, skinned, and warmed with cooked rice flavoured with curry powder and fried onion.

Meat Roll in Pastry.

Use the remainder of lamb instead of beef, serve either hot or cold.

Salad if the meat be cold.

Vegetables if the meat be hot.

Apple or other Fruit Pudding.

Butter. Cheese. Fruit.

#### TUESDAY

##### *Breakfast*

Meat Roll. Remainder from dinner.

Baked Eggs. Eggs put into buttered china cases, chopped parsley, butter, pepper, and salt on top.

##### *Dinner*

Bonne Femme Soup.

Grilled Steak.

Fried Potatoes.

Summer Cabbage.

Juncket and Stewed Fruit.

Butter. Cheese. Fruit.

#### WEDNESDAY

##### *Breakfast*

Poor Man's Omelet.

Fruit.

*Dinner*

Fried Lemon Soles. Anchovy Sauce.  
 Fried Potatoes.  
 Nut Meat Pie (cold).  
 Mixed Salad.  
 Vanilla Soufflé.  
 Butter. Cheese. Fruit.

## THURSDAY

*Breakfast*

Cold Nutmeat Pie and Tomatoes.  
 Boiled Eggs (if necessary).

*Dinner*

Boiled Cod and Parsley Sauce.  
 Stuffed and Braised Pigeons (à la Portugaise).  
 Marrow. Potatoes.  
 Banana Tart Meringue.  
 Butter. Cheese. Fruit.

## FRIDAY

*Breakfast*

Fish Scallops. Made similar to Baked Fish Pudding,  
 put into scallop shells to bake.  
 Fruit.

*Dinner*

Palestine Soup.  
 Roast Neck of Mutton. 1½ lbs. best end.  
 Beans. Potatoes.  
 Sago Pudding.  
 Stewed Fruit.  
 Butter. Cheese. Fruit.

## SATURDAY

*Breakfast*

Grilled Bacon and Fried Potatoes. Potatoes left over from  
 dinner.  
 Fruit.

*Mid-day Dinner*

Melon.  
 Roast Rolled Ribs of Beef. 6½ to 7 lbs.  
 Yorkshire Pudding.  
 Peas. Potatoes. Sufficient to be cooked for  
 Sunday.  
 Sago Pudding. Remains left from dinner, cut  
 into portions and served in  
 a glass dish with the fruit  
 passed through a sieve and  
 poured round.  
 Fruit Sauce.

*Supper*

Dressed Crab.

Mutton Cutlets with Salads.

Remains of mutton cut  
into neat cutlets dished  
on salad.

Butter. Cheese. Fruit.

## FOURTH WEEK

## SUNDAY

*Breakfast*

Cold Boiled Ham.

Cooked Saturday.

Tomato Buttered Eggs.

*Mid-day Dinner*

Vermicelli Soup.

Made from beef bones and bones  
from mutton.

Cold Roast Beef.

Glazed and decorated with aspic  
jelly.

Horseradish Sauce.

Vegetable Salad.

Cooked on Saturday.

Yorkshire Trifle.

Cheese. Butter. Fruit.

*Supper*

Cold Roast Beef.

Horseradish Sauce.

Salad.

Mixing with it any vegetables left  
from dinner.

Anchovy Croûtons.

Prepared in the morning.

Yorkshire Trifle.

## MONDAY

*Breakfast*

Kippers.

Cold Ham.

*Dinner*

Clear Soup with Vegetables.

Beef Roll in Potatoes. Piquante Sauce. Using some of  
the cold beef.

Cabbage.

Fricassee of Eggs.

Fruit Tart and Custard.

Butter. Cheese. Fruit.

## TUESDAY

*Breakfast*

Grilled Ham and Fried Eggs.

Fruit.

*Dinner*

Fried Slices of Cod. Anchovy Sauce.

Beef and Cow Heel Mould.

Using the remains  
of roast beef.

Mixed Salad with Vegetables.  
Coffee Cream.  
Cheese Soufflé.  
Butter. Cheese. Fruit.

## WEDNESDAY

## Breakfast

Ham and Potato Croquets. Prepared on Tuesday.  
Beef Mould. Remains from dinner.

## Dinner

Boiled Turbot or Brill, Hollandaise Sauce. 1 lb. of fish.  
Grilled Mutton Cutlets.  
Beans. Potatoes.  
Fruit Jelly and Custard.  
Butter. Cheese. Fruit.

## THURSDAY

## Breakfast

Tomatoes Stuffed. Tomatoes skinned, halved, emptied,  
and filled with remains from  
turbot mixed with sauce.

### Boiled Eggs.

## Dinner

Tomato Soup.	
Veal and Ham Pie.	1 $\frac{1}{4}$ lbs. Shoulder of Veal (Oyster part), $\frac{1}{2}$ lb. thin streaky bacon.
Potatoes. Marrow.	
Ground Rice Pudding.	With stoned cherries or plums, with sugar under the rice.
Butter. Cheese. Fruit.	

## FRIDAY

## Breakfast

Fried Whiting.  
Fruit.

## Dinner

Cheese Soup.  
 Sheep's Tongues à la Piquante. 2 or 3 tongues.  
 Potatoes. Cabbage.  
 Cold Veal and Ham Pie.  
 Salad.  
 Omelet Soufflé.

## SATURDAY

## Breakfast

Cold Veal and Ham Pie.  
Tomatoes.  
Grilled Bloaters—if necessary ; if not, use them for potting  
for Sunday.

*Mid-day Dinner*

Stuffed Tomatoes.

Using cheese, if no ham available.

Grilled Rump Steak.  $\frac{3}{4}$  to 1 lb.

Peas or Cauliflower. Potatoes. Sufficient cooked for the salad for Sunday.

Bread and Butter Pudding.

Butter. Cheese. Fruit.

*Supper*

Fish Salad. Cooked Mackerel.

Macaroni Cheese.

Bread and Butter Pudding.

Remains from dinner served in glass dish with jam or jelly on each portion.

## CHAPTER IV

### SOUPS

THERE are choice soups, and many that are necessarily expensive in their preparation. But an economical housewife may supply good gravy and thick soups at very little, if any, addition to the weekly expenses, as soups are an excellent method of using up scraps and bones from joints, and vegetables that are otherwise often wasted. Even in small households where few joints are bought and not much left over, three or four pence spent during the week on bones and pot herbs will often suffice to supply this useful addition to the principal meal. Soup, if taken as the primary course of a substantial dinner, even if not very nourishing, but well flavoured and warm, acts as a stimulant in the stomach, exciting the gastric glands, and generally enabling that organ to perform its functions more easily. For this object the soup should be thin and not too much partaken, otherwise it dilutes the digestive juices too much. If it is to form the chief part of the meal, the soup will be more nutritious if thickened, especially so, if pulse—*i.e.* peas, beans, and lentils—is used as the thickening medium.

Stock is the liquid in which meat, bones, or vegetables have been cooked, and which contains an extract from these substances ; used for soups, sauces, and gravies. Fresh or cooked bones or meat may be used. In a well-regulated household a stock-pot is kept on the stove, into which are put any scraps of meat, bones, gristle, or vegetable ; at the end of the day it is strained, and all fat taken off.

Bones and meat for stock must be broken or cut into small pieces. Cold water should be used, and a little salt to extract the nutriment. The whole must be brought slowly to the boiling point ; then, the temperature lowered to

about 180° Fahr., the fat and scum taken off. When wanted for clear soups the vegetables should be cleaned, but not cut up, or with the long cooking they may mash and thicken the soup. In hot weather it is better to leave out the vegetables, as the stock turns sour more quickly if vegetables have been used in its preparation. They can be cooked separately and added when using the stock. The soup should simmer for six or eight hours. A long time is required to extract the gelatinous matters. A higher temperature would extract the gelatine quicker, but the proteid or flesh-forming matter would be lost, as it would harden in the meat that is not generally used.

If the stock is skimmed occasionally it will be much clearer.

Keep the lid on the stock-pot to prevent loss by evaporation.

The bones can be cooked again next day for a second stock, but the vegetables must be taken out.

If there is no stock-pot, a large iron saucepan can be substituted.

Care must be taken that nothing doubtful in freshness be put into the stock-pot. Meat and bones should be well wiped with a damp cloth before using them.

A cow heel cooked in the stock-pot will strengthen the stock with gelatine. The meat from it can be served with a tomato or piquante sauce.

If onions be put in the soup unpeeled, simply washed and the root end cut off, they will help to colour the soup.

When using eggs for other dishes, if the shells be washed before breaking them and added to the stock-pot they will help to clear the soup.

For clear soups care must be taken that nothing of a floury nature be added to the stock-pot, otherwise the soup will not be clear.

Stock should always be strained before cooling. Never allow it to stand in the stock-pot all night.

Clear gravy soup consists chiefly of the extractives, flavouring matters, and gelatine of meat and bones.

Consommé is a good stock made from beef, veal, and often fowl, and flavoured with vegetables, cooled, freed

from fat. It is clarified with whites and shells of eggs, and minced raw lean beef, and strained through a cloth. It should be brilliantly clear and of a pale brown colour.

Any fat floating on the stock may be removed by passing a piece of kitchen or blotting-paper over the surface.

Soup left from a meal will keep better if strained from the vegetables that have been served in it.

In hot weather, stock left over must be boiled each day, and poured into a clean basin to prevent it turning sour.

In warm weather, soups with milk in their composition should have a pinch of bi-carbonate of soda added.

Liaisons or thickenings for soup consist usually of yolks of eggs and cream beaten together in a basin, the boiling soup poured on slowly, stirring well at the same time. Soups thus thickened should not be allowed to boil again, otherwise they will curdle.

Instead of eggs and cream, cornflour and milk may be used to thicken the soup. It is then improved by adding some butter just before serving.

### Clear Gravy Soup

3 or 4 lbs. of raw or cooked bones.	2 pieces of celery.
2 quarts of cold water.	1 leek.
2 onions.	Bunch of herbs.
1 carrot.	Salt.

Chop the bones into small pieces, removing any pieces of fat, put them into a saucepan and cover with cold water, add a little salt, and let it come slowly to the boil ; then pour in a cupful of cold water. Skim it well, add the vegetables, cleaned, but not cut up, and let it simmer very gently for six or seven hours, skimming occasionally. Then strain it through a soup-cloth, return it to the saucepan, and, if not strong enough, reduce it by boiling. Season to taste with salt. Add some carrot and turnip cut into neat shapes, previously cooked, with a little picked parsley, or a table-spoonful of peas or beans. Or, the vegetables used for flavouring the soup may be taken out when just cooked, cut into shapes, and kept for serving in the soup.

## Consommé

3 lbs. of stock-meat (beef and veal).	1 leek.
3 quarts of cold water.	Bunch of herbs.
1 carrot.	12 peppercorns.
2 onions.	6 cloves.
$\frac{1}{2}$ stick of celery.	3 whites and shells of eggs.
	Salt.

Cut about half a pound of lean meat from the stock-meat, and keep for clarifying the soup. Chop the bones, and cut up the remainder of the meat ; put this into a bright stewpan, cover with the cold water, add a little salt, and let it come slowly to the boil ; then add a cupful of cold water to bring up the scum, skim it well, then put in the vegetables, which have been cleaned but not cut up, the cloves to be stuck into the onion, and peppercorns to be tied in the bunch of herbs. Now let the soup simmer very slowly for six or eight hours, skimming it occasionally ; then strain it gently through a soup-cloth. When it is quite cold, turn it into a bright pan, add a few slices of carrot, onion, and celery, the whites and shells of eggs whipped up in a little water. Scrape or finely chop the beef, removing all fat, and let it soak in a little water for ten minutes ; then turn it into the pan with the stock, and stir briskly over the fire until it boils. Put the lid on and stand the pan at the corner of the stove for twenty minutes, where the soup will not quite boil. Then strain it very gently through a soup-cloth. If it is not strong enough, reduce it by boiling, leaving off the lid of the pan. Season with salt, and add a small piece of white sugar.

## Consommé à la Dauphine

1 pint of consommé.	Salt.
1 egg.	

Beat up a fresh egg in a basin with a little of the consommé and boil the remainder, pour it into the basin on the egg, whisking the while. Pour it back into the pan, and stir over the fire for two or three minutes, taking care it does not boil, skim, season, and serve without straining.

This is an excellent soup to use up the remains of consommé left over from one or two dinners, for when strained

from vegetables or pastes it is usually a little cloudy ; but this is not noticed with the egg floating in it.

## Consommé à la Royale

1½ pints of consommé.

2 fresh eggs.

½ gill of stock.

Salt.

Nutmeg.

Beat the eggs with the stock, add some salt and nutmeg, strain it into a buttered plain mould, cover with greased paper. Stand it in a steamer over boiling water until it sets quite firmly ; time, from fifteen to twenty minutes. Turn it out on to a dish, and cut it into small diamond and square pieces. Boil the consommé, pour into the tureen, and add the shapes of custard and serve.

## Marmite

4 or 5 lbs. of veal and beef bones.

1 lb. of stewing steak.

½ a chicken.

2 sets of giblets.

Bunch of herbs.

12 peppercorns.

4 cloves.

Small blade of mace.

4 quarts of water.

2 onions.

1 leek.

1 carrot.

1 turnip.

½ stick of celery.

¼ of a cabbage.

1 tablespoonful of chopped parsley or chives.

Salt.

Croûtons of bread.

Chop the bones up and fry quickly to a brown colour in some fat, place them in a stock-pot. Fry the chicken and beef ; when brown, add them to the stock-pot with the giblets well cleansed. Cover all with cold water, add a little salt, and allow it to come slowly to the boil, then skim well. Put in the herbs and spices. Clean the vegetables, except the cabbage. Allow all to simmer very gently for four hours, skimming frequently. Take out the chicken, beef, and vegetables when they are quite cooked. At the end of the time strain the stock through a soup-cloth, when it should be quite clear, if not strong enough reduce it by boiling it quickly in a pan with the lid off. Well wash the cabbage, cut it into inch squares, put it into a pan with boiling water for five minutes, strain and add to the soup, allow it to boil gently till quite soft. Cut the beef into

small neat pieces, also the breast and wing of the chicken, add these to the soup with the vegetables, also cut into neat shapes. Season the soup.

Serve in small marmite pots, one for each person, place in each some parsley or chives, chicken, beef, and vegetables. Add fried croûtons, or serve separately.

## Mutton Broth

1 lb. scrag-end of neck of mutton.	$\frac{1}{2}$ small leek.
2 ozs. of barley.	2 or 3 leaves of celery.
1 large onion.	Bunch of herbs.
$\frac{1}{2}$ small carrot.	1 teaspoonful of chopped parsley.
$\frac{1}{2}$ „ turnip.	3 pints of water.
	Salt to taste.

Chop the mutton into small pieces, put into a saucepan with the water to come slowly to the boil. Skim it well, put in the herbs and the barley, washed, allow it to simmer for one hour, skimming the fat off frequently. Cut the vegetables into small dice and put in, let it simmer another hour and a half, then take out the herbs, season with salt, and pour into the tureen on top of the parsley.

## White Vegetable Soup

$\frac{1}{2}$ carrot.	1 tablespoonful of flour.
$\frac{1}{2}$ turnip.	$\frac{1}{2}$ pint of stock or water.
1 onion.	1 pint of milk.
2 or 3 leaves of celery.	1 teaspoonful of chopped parsley.
1 bunch of herbs.	Salt.
1 oz. of fat.	

Cut the vegetables into neat shapes, put half of the fat into a saucepan, when hot, fry the vegetables for five minutes, turn them on to a plate. Put the remainder of fat into the saucepan, and fry the flour without colouring for two minutes, then pour in the stock and part of the milk, stir over the fire until it boils. Put back the vegetables and the herbs, simmer until the vegetables are cooked, about half an hour. Take out the herbs, add more milk if too thick, season with salt, and pour into a tureen on top of the chopped parsley.

## Potato Soup

- |                                |                           |
|--------------------------------|---------------------------|
| 1 lb. of potatoes.             | ½ pint of stock or water. |
| 2 onions.                      | 3 gills of milk.          |
| 2 or 3 leaves of white celery. | Salt.                     |
| Bunch of herbs.                | A little nutmeg.          |
| 1 oz. of bacon fat.            |                           |

Peel and slice the potatoes and onions, fry the onions in the fat without colouring for five minutes. Add the potatoes, herbs, celery, stock, and part of the milk, put the lid on and let it all simmer until the potatoes are quite soft ; take out the herbs, and pass the soup through a sieve. Put it back into the saucepan, and if too thick add more milk. Season to taste.

## Milk Soup

- |                          |                    |
|--------------------------|--------------------|
| 2 ozs. of rice.          | ½ pint of water.   |
| 1 oz. of butter.         | Grated nutmeg.     |
| 2 onions.                | Salt.              |
| 2 or 3 pieces of celery. | Croûtons of bread. |
| 1 pint of milk.          |                    |

Peel and slice the onions, wash and cut the celery into small pieces, fry these in the butter without allowing them to colour. Wash the rice, and add, along with the milk and water ; let it simmer gently until the rice is quite soft, then pass all through a sieve ; add a little nutmeg, and salt to taste. Serve the croûtons either in the soup or on a separate plate.

## Semolina Soup

- |                               |                  |
|-------------------------------|------------------|
| 1 quart of stock.             | 4 or 5 tomatoes. |
| 2 tablespoonfuls of semolina. | Salt.            |

Make some stock from raw or cooked bones, flavoured with vegetables, strain it, pour into a saucepan and boil. Sprinkle in the semolina, stirring at the same time until it boils again. Rub the tomatoes through a sieve, put the pulp in the soup, then simmer gently for fifteen minutes. Season to taste.

Tapioca or sago may be used instead of semolina, the tapioca should be soaked for one hour in some cold stock or water before adding to the soup.

## Brown Vegetable Soup

$\frac{1}{2}$ carrot.	1 oz. fat.
$\frac{1}{2}$ turnip.	1 tablespoonful of flour.
1 onion.	1 $\frac{1}{2}$ pints of stock.
2 or 3 leaves of celery.	1 teaspoonful of chopped parsley.
1 bunch of herbs.	Salt.

Cut the vegetables into neat shapes, and fry in half of the fat for five minutes, turn all on to a plate, make the remainder of the fat hot, add the flour, and stir until it is of a dark brown colour. Take it off the fire, add the stock, stirring smoothly, stir over the fire until it boils, put in the vegetables and herbs, and let it simmer until they are quite soft. Season to taste; take out the herbs and pour into the tureen on top of the parsley. Any cooked green vegetables, as peas or beans, cut small, can be added at the last.

## Sheep's Head Broth

1 sheep's head.	1 leek.
2 ozs. of barley.	Bunch of herbs.
2 quarts of water.	12 peppercorns.
2 onions.	Mace.
1 small carrot.	Salt.
1 small turnip.	Dessertspoonful of parsley.
3 pieces of celery.	

Soak the head in cold water for half an hour, take out the brains and tongue. Wash the head and place it with the tongue in a saucepan with the water and herbs, the peppercorns and mace should be put inside the bunch of herbs. Put it on the fire to boil, skim it well, let it simmer for one and a half hours, skimming occasionally. Wash the barley, clean and cut the vegetables into small squares, add to the soup and let it simmer for another hour and a half. Take out the tongue when the skin will easily come off, also the head when the bones will easily separate from the meat. Cut the meat and tongue into neat pieces and put back into the soup. Season with salt. Soak the brains in some water with salt, then place them in a saucepan, cover with water and add a dessertspoonful of vinegar. Let them come to the boil, drain and cut them into slices, and add to the soup with some roughly chopped parsley.

If preferred, the soup may be served without the meat,

the latter being served finished off in either of the ways given for sheep's head.

## Giblet Soup

4 sets of giblets.	1 leaf of celery.
1 oz. of fat.	Bunch of herbs.
1 oz. of flour.	3 pints of water.
2 onions.	Salt.
$\frac{1}{2}$ carrot.	1 teaspoonful of chopped parsley.

A set of giblets includes the neck, gizzard, heart, liver, and feet of a chicken, duck, or turkey ; sometimes the head is used. These must be well cleaned. The gizzard must be cut through the thick part to the inner skin and the outer portion pulled off, then cut into two or more pieces, according to the size. The gall-bladder must be cut off the liver without breaking it, and the neck chopped into four or five pieces. Wash the pieces well and drain. The feet should have the nails chopped off and boiling water poured over, when the outer skin will come off easily. The feet are not usually served, but if cooked in the soup they yield some gelatine.

Put the prepared giblets into a saucepan with the herbs, one onion, and the water, and simmer gently until quite tender. The time will vary from one to three hours. Then strain them from the liquor. Peel and slice the onions, and fry them a brown colour in the fat. Then fry the flour to a dark-brown colour, add the stock from the giblets and stir until it boils, then put back the fried onion and pieces of giblets, and let the whole simmer for twenty minutes. If liked, the carrot can be taken out when it is just cooked, and cut into neat pieces, and served in the soup. Season the soup with salt, and put in the parsley.

## Tomato Soup

1 lb. of tomatoes.	2 leaves of celery.
2 onions.	Bunch of herbs.
1 pint of stock or water.	Salt.
1 oz. of fat.	Teaspoonful of vinegar.

Peel and slice the onions, wash and slice the tomatoes, cut the celery small. Make the fat hot in a saucepan and fry the onions, then add the tomatoes and celery. Stir over the fire for two or three minutes, add the stock and herbs,

and simmer gently for about twenty minutes. When the vegetables are soft, pass the soup through a sieve. Make it hot, season with salt, and add the vinegar.

## Tomato and Tapioca Soup

1 lb. of tomatoes.	$\frac{1}{2}$ oz. of tapioca.
2 onions.	Bunch of herbs.
1 turnip.	1 quart of stock or water.
1 carrot.	Salt.
2 leaves of celery.	1 teaspoonful of vinegar.
1 oz. of fat.	

Wash the tapioca and soak it in one and a half pints of stock or water for one hour. Prepare, cook, and finish the remainder of the ingredients as for tomato soup. Cook the tapioca slowly in the stock, stirring occasionally. When quite cooked add the tomato and season to taste. If too thick add a little more stock. If preferred, sago, semolina, or rice may be substituted for tapioca.

## Scotch Soup

4 leeks.	1 pint of milk and 1 pint of water.
$1\frac{1}{2}$ ozs. of coarse oatmeal.	1 oz. of butter.
1 quart of mutton stock or	Salt and pepper.

Well wash the leeks and cut them into thin slices to form rings, using some of the green part. Fry them in the butter for five minutes without colouring and turn them out on to a plate. Put the oatmeal into the stewpan, add three parts of the stock, stirring well until it boils, let it simmer gently, stirring occasionally for twenty minutes, then add the leeks, and allow the soup to cook slowly for three-quarters of an hour, stirring frequently. Season to taste, adding more stock if too thick.

The liquor in which mutton has been boiled will answer for this soup.

## Spring Soup

1 large lettuce.	Parsley.
12 spring onions.	Salt.
1 oz. of butter.	Nutmeg.
1 pint of milk.	Croûtons of bread.
1 pint of stock or water.	Small piece of sugar.
Dessertspoonful of cornflour.	

Wash the lettuce and onions, shred the lettuce and slice

the onions thinly. Melt the butter in a saucepan, and fry the lettuce and onions for about five minutes ; add the stock and part of the milk, and let it simmer gently for ten minutes. Mix the cornflour with the remainder of milk, pour into the soup and stir until it boils, simmer for another ten minutes ; season to taste with pepper, salt, sugar, and a little nutmeg. Cut some crust of bread into thin strips, and dry quite crisp in the oven ; put them into the tureen with parsley picked small, and pour the soup over.

Watercress, endive, or sorrel may be used either along with, or in place of, the lettuce for a change.

### Hollandaise Soup

2 ozs. of barley.	2 tablespoonfuls of shredded sorrel.
1 pint of white stock.	3 yolks of eggs.
$\frac{1}{2}$ pint of milk.	Salt and grated nutmeg.
$\frac{1}{2}$ gill of cream.	

Wash the barley and place in a saucepan with the stock, and simmer slowly until it is quite cooked, about one hour. Wash and shred the sorrel, add with the milk to the barley ; cook it gently for ten minutes. Beat up the yolks with the cream in a basin, pour the boiling soup into the mixture, stirring at the same time ; add seasonings, turn it back into the saucepan, and stir over the fire for two or three minutes. The soup must not boil again, or it will curdle. Serve with small fried croûtons of bread.

### Soup Bonne Femme

Handful each of sorrel, lettuce, and watercress.	1 gill of cream or milk.
3 or 4 spring onions.	2 yolks of eggs.
Parsley.	Salt.
$\frac{1}{2}$ oz. of butter.	Small piece of sugar.
1 $\frac{1}{2}$ pints of stock.	Croûtons of bread.

Wash and shred the lettuce and sorrel, pick the leaves off the watercress, and fry them with the butter in a saucepan for five minutes. Tie the onions and parsley together, and put in with the fried mixture. Add the stock, sugar, and salt. Let it simmer for twenty minutes ; then take out the onions. Beat the yolks and the cream or milk together in a basin ; add the soup, stirring at the same time. Pour back

into the saucepan, and place on the stove for about five minutes, then season to taste, and pour it into the tureen. Cut some pale crusts of bread into small neat shapes, and dry them quite crisp in a slack oven, and serve in the soup.

### Palestine Soup

1 lb. of Jerusalem artichokes.	3 gills of milk.
2 onions.	$\frac{1}{2}$ gill of cream.
$\frac{1}{2}$ stick of celery.	Salt.
1 oz. of butter.	Lemon juice.
$\frac{1}{2}$ pint of stock.	Croûtons of bread.

Wash, peel, and slice the artichokes. Peel and slice the onions, wash, and cut the celery into small pieces. Melt the butter in a saucepan; fry the onions and celery for five minutes without colouring them. Add the artichokes, and stir over the fire for two minutes, pour in the stock and milk, let it boil, then simmer gently until the artichokes are quite soft. Pass the soup through a fine sieve, pour back into the saucepan, and re-heat; add the cream and the seasonings to taste. Serve with small croûtons of bread, fried to a pale colour.

### Barley Cream Soup

1 quart of white stock.	1 gill of milk.
3 ozs. of pearl barley.	2 yolks of eggs.
2 onions.	Grated nutmeg.
1 oz. of butter.	Salt and pepper.
1 gill of cream.	

Peel and slice the onions, fry them in the butter without allowing them to colour. Wash the barley and add with the stock; which should be made from veal, chicken, or rabbit, flavoured with vegetables. Allow the soup to cook slowly until the barley is quite soft. Time about one and a half hours. Then pass the soup through a tammy cloth or hair sieve, pour it back into the saucepan and allow it to boil. Beat the yolks in a basin, with the cream and milk, or with all cream if preferred, then pour the boiling soup on to it, stirring the while, turn it back into the saucepan and stir it over the fire for a few minutes without allowing it to boil, or it will curdle. Season with salt, pepper, and nutmeg. Serve with lightly fried small croûtons of bread.

## Velouté Soup

2 ozs. of butter.  
2 ozs. of flour.  
1 oz. of cornflour.  
1 quart of chicken stock.  
1 onion.

Bunch of herbs.  
Lemon juice.  
1 gill of cream.  
Mushroom liquor.  
Salt and pepper.

Peel and slice the onion, and fry it in the butter without colouring it, mix in the flour, add three parts of the stock, and the herbs, stir over the fire until it boils, let it simmer gently for half an hour. Mix the cornflour with the remainder of the stock, add to the soup, stirring until it boils, let it simmer for ten minutes; season to taste with the pepper, salt, about a teaspoonful of lemon juice, and the liquor from some bottled or tinned mushrooms. Pass it through a hair sieve or tammy cloth, turn it back into the stewpan, add the cream, but do not let it boil again. Serve with light coloured fried croûtons.

## Cheese Soup

1 oz. of butter.  
1½ ozs. of Parmesan cheese.  
2 medium sized onions.  
1 oz. of flour.  
1 pint of milk.  
½ pint of water.

2 yolks of eggs.  
1 gill of cream.  
Cayenne.  
Salt and pepper.  
Croûtons.

Cut two slices of bread into small squares, fry them in some clean fat till of a pale colour, drain, and toss them while warm in the grated cheese (dry Parmesan or Gruyère is the best for this soup), sprinkle over the croûtons a little cayenne and salt, and place them in a hot oven for a few minutes.

Peel and cut the onions into slices and fry them in a stewpan with the butter, do not let them colour; add the flour and stir for a minute, take the pan off the fire, mix in the milk and water, stir it well over the fire until it boils, let it simmer fifteen minutes; add the remainder of the cheese, cook for another five minutes. Pass the soup through a fine sieve, place it back in the stewpan to boil. Mix the yolks and cream together in a basin, pour the boiling soup on the mixture, stirring at the same time. Season the soup with salt, pepper, and cayenne.

Take care it does not boil again ; it should be stirred on the stove until it is thoroughly hot, then poured into the tureen on the top of the croûtons.

This soup can be made without the cream and yolks of eggs, but if too thin, can be thickened by adding about one tablespoonful of cornflour mixed with a little milk ; the soup must boil for several minutes after stirring in the cornflour.

## Sago Soup

3 tablespoonfuls of sago.  
1 large onion.  
3 pieces of celery.  
1 tablespoonful of cornflour.  
 $\frac{1}{2}$  oz. of butter.

1 quart of white stock.  
1 gill of milk.  
Bunch of herbs.  
Salt and pepper.  
Nutmeg.

Wash the sago and soak it in half of the stock for half an hour. Peel and slice the onion, cut up the celery. Fry the onion in the butter without letting it colour, add the remainder of the stock, herbs, and celery. Let it boil gently, about twenty minutes, until it can easily be passed through a sieve. Return it to the saucepan, add to it the soaked sago, and let it cook slowly until the sago is quite soft. Mix the cornflour with the milk, pour into the soup, and stir until it boils. Let it simmer for ten minutes longer. Season to taste.

## Green Pea Soup

1 pint of peas.  
1 quart of stock.  
6 spring onions.  
Small bunch of mint.

Bunch of parsley.  
1 oz. of butter.  
A large handful of spinach.  
Salt.

Wash the peas, parsley, and mint. Skin and wash the onions. Add a teaspoonful of salt to the stock, in which boil gently the peas, mint, parsley, and onions until the peas are quite soft ; about five minutes before they are cooked add the spinach. Pass all through a hair sieve, then bring to the boil again ; season to taste. If a little cream be added just before serving it is a great improvement. The spinach is added to give a deeper green colour to the soup.

## Pea Soup

$\frac{1}{2}$  pint of split peas.  
 A few fresh or cooked bones.  
 2 to 3 quarts of cold water.  
 1 carrot.  
 1 turnip.

3 leaves of celery.  
 2 onions.  
 Bunch of herbs.  
 Dessertspoonful of mint.  
 Salt.

Break the bones into small pieces, put them into a saucepan, add two quarts of water, herbs, and a little salt. The peas must be washed and left to soak in water with a pinch of soda for twelve hours previously; then strain them and put in with the bones, allow it to simmer gently from three to four hours, skimming occasionally. Two hours before the soup is finished, add the vegetables; they should be cleaned and cut into small pieces. When cooked, lift out the bones and herbs, season to taste with salt, and add the mint. If too thick add more water.

The soup can be passed through a sieve if liked smooth.

Liquor in which beef or mutton has been cooked can be substituted for the bones and water.

## Lentil Soup

$\frac{1}{2}$  pint of pink lentils.  
 1 oz. of fat.  
 $\frac{1}{2}$  carrot.  
 $\frac{1}{2}$  leek.  
 2 onions.

2 leaves of celery.  
 1 bunch of herbs.  
 1 quart of stock or water.  
 1 teaspoonful of mint.

Peel and slice the onions, cut the celery, carrot, and leek into small pieces, wash the lentils. Fry the onions in a saucepan with the fat, add the lentils and the other vegetables, the herbs, and the water or stock. Cook slowly until the lentils and carrot are quite soft. Take out the herbs and pass the soup through a sieve or colander. Warm it; add the mint and salt.

This soup may be made using half milk and half water instead of stock, a pinch of bi-carbonate of soda should be added with the milk.

## Cressy Soup

4 or 5 large carrots.  
 2 onions.  
 3 pieces of celery.  
 1 oz. of butter.  
 2 ozs. of bacon.

1 quart of stock.  
 $\frac{1}{2}$  teaspoonful of castor sugar.  
 $\frac{1}{2}$  gill of cream.  
 Salt.  
 Croûtons of bread.

Wash and scrape the outsides of the carrots; then

grate the carrots, or chop finely. Wash and cut the celery and onions. Melt the butter in a saucepan, add the onions and the bacon cut small and fry for about five minutes, then add the carrots, celery, and stock. When it boils stand at the corner of the stove to simmer gently until the carrot is quite soft. Pass all through a sieve, pour back into the saucepan, add the cream, sugar, and salt. Serve with fried croûtons of bread.

### Vegetable Marrow Soup

- |                          |  |                              |
|--------------------------|--|------------------------------|
| 1 large marrow.          |  | 1 quart of stock or water.   |
| 2 onions.                |  | 1 oz. of butter or dripping. |
| 2 or 3 leaves of celery. |  | 1 oz. of scraps of bacon.    |
| 1 bunch of herbs.        |  | Salt and pepper.             |

Make the butter hot in a saucepan, add the onions and bacon, fry for five minutes, add the marrow (an old one can be used) cut into small pieces, and the celery; stir over the stove for five minutes. Then put in the stock and herbs, boil gently until the marrow is tender, then pass through a sieve. Put it back into the saucepan, and if too thick add more stock; season to taste, and serve with some small pieces of bread either fried crisp or dried in the oven.

### Mulligatawny Soup

- |   |  |                                    |
|---|--|------------------------------------|
| 3 onions.                               |  | $\frac{3}{4}$ oz. of curry powder. |
| 2 apples.                               |  | Dessertspoonful of chutney.        |
| $\frac{1}{2}$ carrot.                   |  | 1 quart of stock.                  |
| $\frac{1}{4}$ lb. of lean ham or bacon. |  | Teaspoonful of lemon juice.        |
| 1 oz. of butter.                        |  | A little chicken or rabbit.        |
| 1 oz. of flour.                         |  | Salt.                              |

Make the fat hot in a saucepan, chop the onions, and fry to a brown colour, turn them on to a plate. Cut the ham and the apples into small pieces, and fry for a few minutes. Return the onions, add the flour, chutney, curry powder, and carrot scraped small, and stir over the fire for a few minutes, add the stock and stir until it boils, let it simmer gently for about half an hour, then pass all through a sieve. Put back into the saucepan and warm again, add salt to taste and the lemon juice. It is a great improvement if two or three tablespoonfuls of cream are now added. Put in about two tablespoonfuls of cooked

chicken or rabbit cut into small pieces. If chicken or rabbit is not available, beef can be used. Serve some boiled rice either separately or in the soup.

### Potage à la St. Germain

1 lettuce.	1½ pints of stock.
½ pint of green peas.	2 yolks of eggs.
Sprig of mint.	2 tablespoonfuls of cream.
4 spring onions.	½ teaspoonful of sugar.
Handful of spinach.	Salt.
1 oz. of butter.	Croûtons of bread.

Old peas may be used for this soup. If dried peas be used they must be soaked with a pinch of soda in some cold water for twenty-four hours. Cut eight leaves of the lettuce into shreds, and reserve to put into the soup at the finish. Make the butter hot in a stewpan, add the remainder of the lettuce and the onions cut up, the peas, mint, and sugar, stir over the fire for four or five minutes ; add the stock, and boil gently until the peas are quite soft. Pass the soup through a hair sieve or tammy cloth, and return to the stewpan. Wash and drain the spinach, pound it and wring through the tammy, add sufficient of this to the soup to turn it a deep green colour. Beat up the yolks and cream in a basin, pour into the boiling soup, stirring at the same time. Return to the pan, but do not let it boil again. Blanch the shredded lettuce in some water, and add to the soup with a tablespoonful of peas. Turn into a tureen, with two tablespoonfuls of bread cut the same size as the lettuce and fried.

### Celery Soup

3 or 4 heads of celery.	1½ pints of white stock.
1½ ozs. of butter.	½ pint of milk.
1 oz. of flour.	½ gill of cream.
½ teaspoonful of sugar.	2 yolks of eggs.
1 onion.	Pepper and salt.

Well wash and take off coloured pieces from the celery, cut it small, peel and slice the onion. Make the butter warm in a pan, fry the onion for five minutes without letting it colour, add the celery and fry for two or three minutes ; pour in the stock and let it cook gently until celery is quite soft, about three-quarters of an hour. Mix

the flour smoothly with the milk, pour into the soup and stir until it boils. Simmer for ten minutes and pass it through a fine sieve or tammy cloth ; pour back into the stewpan. Beat up the yolks with the cream in a basin, pour the boiling soup in, stirring the while, return it to the pan and stir for a few minutes over the fire, taking care it does not boil again or it will curdle. Season to taste. Serve with fried croûtons of bread.

If cream is not available, use cornflour mixed with milk instead of the flour. If the yolks are not used more cornflour will be necessary.

### Spinach Soup

3 handfuls of spinach, about  
 $\frac{1}{2}$  lb.  
 2 large onions.  
 2 turnips.  
 2 carrots.  
 $\frac{1}{2}$  stick of celery.  
 Bunch of herbs.  
 $1\frac{1}{2}$  pints of water.  
 $1\frac{1}{2}$  pints of milk.  
 1 oz. of butter.  
 Pepper and salt.

*For the dumplings.*

$1\frac{1}{2}$  ozs. of flour.  
 1 oz. of chopped suet.  
 $\frac{1}{2}$  teaspoonful of parsley.  
 $\frac{1}{4}$  teaspoonful of herbs.  
 Salt and pepper.  
 1 tablespoonful of Worcester  
 sauce.  
 1 beaten egg.

Pick and wash the spinach, reserve a handful for finishing off the soup. Clean, and cut up the other vegetables, fry them for five minutes in the butter, add the spinach, the water and herbs ; let it simmer gently until the vegetables are quite soft, then pass it through a wire sieve, return it to the saucepan ; add the milk, stir until it boils, and season to taste. Pound or crush the handful of spinach, turn it into a cloth and squeeze it over a basin, add as much of this liquid as is necessary to turn the soup a bright green. Pour the soup into a tureen on top of the dumplings.

To make the dumplings, mix all the ingredients together, binding them with the egg and sauce. Make the mixture into balls of the size of small marbles, drop them into a pan of boiling water and cook them gently for a quarter of an hour ; drain and use for the soup.

This soup is improved if some cream is added just before serving.

## Asparagus Soup

1 bunch of asparagus (50).	1 pint of white stock.
1 leek.	1 pint of milk.
4 spring onions.	$\frac{1}{2}$ gill of cream.
2 ozs. of butter.	Salt.
1 $\frac{1}{2}$ ozs. of flour.	Lemon juice.
Handful of spinach.	Parsley.

Clean the asparagus, cut off the heads, and cook them in some boiling water to which a pinch of soda and 1 teaspoonful of salt have been added, and reserve them for the soup. Cut the remainder of the asparagus into small pieces and the onions and leek into slices. Fry the vegetables in part of the butter for five minutes without letting them colour, then add the parsley and stock ; let it simmer slowly until the vegetables are soft, then pass them through a sieve. Fry the flour in the remainder of butter without colouring, add the vegetable puree and milk, stir until it boils, let it simmer for ten minutes, then add a few drops of lemon juice and salt. Pound the spinach in a mortar, then wring it in a tammy, add sufficient of the liquid to the soup to turn it a pale green colour, then pass it through a tammy cloth or hair sieve ; add the cream to the soup, also the asparagus tops ; let it get quite hot but not boil. Serve with some fried croûtons of bread.

## Cucumber Soup

2 large cucumbers.	1 gill of milk.
8 or 9 spring onions.	1 gill of cream.
Sprig of parsley.	2 yolks of eggs.
Handful of spinach.	Nutmeg.
1 oz. of butter.	1 teaspoonful of castor sugar.
Large tablespoonful of corn-flour.	Pepper and salt.
1 quart of white stock.	Croûtons.

Peel the cucumber and cut some of the firm part into dice, about three tablespoonfuls ; boil them gently in salted water until soft, drain them and reserve for the soup. Cut the remainder of the cucumber into small pieces, cut the onions small. Make the butter hot in a stewpan and fry the onions and cucumber for five minutes, add the parsley and stock, let it simmer gently for about

twenty minutes. Mix the cornflour with the milk in with the soup until it boils, let it boil ten minutes. Well wash and drain the spinach, pound it in a mortar, turn it into a cloth and squeeze it as lightly as possible. Pour as much of this liquor into the soup as will turn it a delicate green colour. Pass the soup through a fine sieve or tammy cloth, turn it back into the stewpan. Mix the cream and yolks of eggs in a basin, pour the boiling soup on to them, stirring at the same time, return it to the pan; it must not boil again or it will curdle. Season to taste with the nutmeg, pepper, and salt. Cut some bread into dice, fry them a pale colour in hot fat, drain them and toss them in the sugar, sprinkle a little cayenne over and place them in the oven for two minutes. Warm the dice of cucumber, put them in the tureen with the croûtons and pour the hot soup over them and serve.

If preferred, this soup may be made without the cream and yolks, using half milk, and half stock, or three parts milk, and the remainder water; in either case a little more cornflour may be needed, and extra butter would be an improvement.

## Onion Soup

6 or 8 onions.	2 yolks of eggs.
1 pint of white stock or water.	Nutmeg.
1 pint of milk.	Pepper and salt.
1 oz. of butter.	Croûtons.
1½ ozs. of flour.	

Peel and slice the onions, put them on in the stock or water and simmer gently until cooked. Pass through a sieve, then turn it back into the stewpan. Add two table-spoonfuls of the milk to the yolks in a basin, mix the flour smoothly with some of the milk, pour the remainder into the stewpan, let it boil, then pour in the mixed flour and stir until it boils, let it simmer for ten minutes. Season with pepper, salt, and nutmeg. Beat the yolks and milk together, pour in slowly the boiling soup, stirring all the time, return it to the stewpan and stir for a minute over the fire, but do not let it boil again or it will curdle. Strain.

This soup is greatly improved if cream be added with the yolks.

## Leek and Potato Soup

1 lb. of potatoes.  
6 leeks.  
1 oz. of butter.

1 quart of stock or water.  
Bunch of herbs.  
Salt and pepper.

Trim and wash the leeks, cut the white parts into thin slices, sufficient to twice fill a tablespoon, put on to boil covered with stock or water, and a little salt, cook until quite soft and reserve for adding to the soup. Cut up the remainder of the leeks and fry them in a saucepan with the butter for five minutes, then add the potatoes sliced thinly and stir again for two or three minutes over the fire, then add the stock and herbs and let all simmer gently for about thirty minutes until the vegetables are quite soft. Take out the herbs and pass the soup through a sieve, pour it back into the saucepan, add more stock or water if necessary, and salt to taste. If the soup is not of a brown colour add some colouring. Add the slices of leek when quite boiling. Serve with croûtons of bread.

## Sorrel Soup

$\frac{1}{2}$  lb. of sorrel.  
2 ozs. of rice.  
1 oz. of butter.  
1 quart of white stock.  
8 or 9 spring onions.  
Grated nutmeg.

1 gill of milk.  
 $\frac{1}{2}$  gill of cream.  
2 yolks of eggs.  
Teaspoonful of castor sugar.  
Salt.

Well wash and drain the sorrel, cut or pull out the thick stalks, shred it, wash and thinly slice the white part of the onions. Warm the butter in a saucepan, fry the onions for about five minutes, add the sorrel and stir it over the fire for a few minutes, pour in the stock, and the rice previously washed, let it boil gently until the latter is quite cooked. Beat the yolks with the cream and milk, pour into the soup, and stir it over the fire until it is thoroughly hot, but do not let it boil. Add the sugar, salt, and nutmeg.

## Beetroot Soup

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 2 cooked medium sized beet-<br>roots. | 1 oz. of butter.                  |
| $\frac{1}{3}$ stick of celery.        | 1 oz. of flour.                   |
| 1 large onion.                        | Bunch of watercress.              |
| 1 turnip.                             | 1 or 2 tablespoonfuls of vinegar. |
| Bunch of herbs.                       | Salt and pepper.                  |

Peel, wash, and slice the turnip and onion, wash and cut the celery small. Make the butter hot in a stewpan, and in this fry the vegetables for five minutes, without allowing them to colour, add the flour and stir two or three minutes over the fire, remove the pan from the fire, add the stock and herbs, stirring it smoothly; then stir it over the fire until it boils. Allow the soup to simmer until the vegetables are quite soft. Peel the beetroots and pass them through a sieve, then pass the soup through the sieve and mix with the beetroot. Return the soup to the pan, let it boil, season to the taste with salt, pepper, and vinegar. Well wash the watercress, break it into small pieces, place them in the soup tureen and pour the boiling soup over. Serve with croûtons of bread.

## Portuguese Soup

- |   |                                |
|---|--------------------------------|
| 1 quart of white stock.                 | $\frac{3}{4}$ lb. of tomatoes. |
| 1 oz. of Brown & Polson's<br>cornflour. | 2 eggs.                        |
| 1 oz. of butter.                        | 1 teaspoonful of vinegar.      |
| 1 onion.                                | $\frac{1}{2}$ gill of cream.   |
| 2 or 3 leaves of celery.                | Salt and pepper.               |
|   | Nutmeg.                        |

Wash the tomatoes and pass them through a sieve, the pulp should measure one gill. Beat the eggs well in a basin, add the pulp, pepper, salt, and vinegar, and, if necessary, a little cochineal to make it of a bright red colour, mix all well together, pass it through a coarse strainer into a well-buttered shallow tin. The mixture should be about half an inch in thickness. Butter a paper and cover the top, place it in a steamer and steam until quite set. Cut it into small squares or diamond shapes, keep them warm in a little stock and serve in the soup.

Peel and slice the onion, fry it in a stewpan with the butter, for about five minutes, without allowing it to

colour, then add the celery, cut small, and some well-flavoured stock, made from rabbit or chicken. Let it simmer for about twenty minutes. Mix the cornflour with a little cold stock or milk, add to the soup and stir until it boils, let it simmer for about ten minutes, season with the nutmeg, pepper, and salt, and pass it through a tammy cloth or fine strainer. Return it to the stewpan, add the cream, or milk, if no cream is available, make it quite hot, but do not let it boil. Pour it in the tureen, and place the pieces of tomato custard in the soup.

### Italian Soup

2 ozs. of macaroni.  
 $\frac{1}{2}$  lb. of tomatoes.  
 1 oz. of butter.  
 1 oz. of Parmesan cheese.  
 1 large onion.

1 quart of stock.  
 Paprika pepper.  
 Salt.  
 1 teaspoonful of lemon juice.

Boil the macaroni until quite soft in the stock, take out about half of it and cut into inch lengths, mix with the grated cheese, pepper, and salt, and reserve. Peel and slice the onion, and fry to a brown colour in the butter, wash and slice the tomatoes and add to the pan, stir for five minutes over the fire, then add the stock with the remainder of the macaroni, allow it to boil for fifteen minutes. Pass the soup through a fine sieve or tammy cloth, put back into saucepan, season to taste, adding the lemon and more stock if too thick. Put in the macaroni and cheese; when thoroughly hot serve.

### Piquante Soup

1 lb. of tomatoes.  
 1 oz. of flour.  
 1 oz. of fat.  
 1 large onion.  
 1 tablespoonful of grated carrot.  
 1 tablespoonful of grated horseradish.

2 or 3 pieces of celery.  
 Bunch of herbs.  
 1 quart of stock or water.  
 Vinegar.  
 2 pieces of sugar.  
 Salt.

Wash and slice the tomatoes, chop the onion, wash and cut small the celery. Make the fat hot in a saucepan, in it fry the onion, stir in the flour until coloured, add the tomatoes, carrot, and celery, stir over the fire for a few minutes, add the stock and herbs, stir until it boils. Cook

gently for half an hour, pass it through a sieve, return it to the pan, add the horseradish, vinegar to taste, about two tablespoonfuls, sugar, and salt.

### Chestnut Soup

1½ lbs. of chestnuts.	2 yolks of eggs.
1 pint of white stock.	Nutmeg.
½ pint of milk.	Cayenne and salt.
1 gill of cream.	Croûtons.

Cut off the outer skin of the chestnuts, place them in a pan, cover with water, let them remain on the fire until the second skin will come off easily, about five or six minutes. Strain and skin the chestnuts, place them in a stewpan and cover them with some of the stock, and boil until the chestnuts are quite soft. Strain the liquor and pass the chestnuts through a sieve. Put the purée into a stewpan, add the liquor, if not too sweet, the remainder of stock and milk. Boil up the soup. Turn the cream into a basin with the yolks of eggs, whisk gently, pouring the boiling soup on to them, turn it back into the stewpan and stir it over the fire for two minutes. Season it with the nutmeg, cayenne, and salt, and pass it through a tammy cloth or fine strainer. The soup must not boil after the yolks are added, otherwise it will curdle. Serve with fried croûtons.

If preferred, instead of using the cream and yolks, a dessertspoonful of cornflour may be used, mixed with one gill of milk and stirred into the soup until it boils; a little butter added would be an improvement.

### Liver Soup

¼ lb. of liver.	1 tablespoonful of chopped
1 large onion.	cabbage.
1½ ozs. of flour.	Bunch of herbs.
1½ ozs. of bacon fat.	1 quart of stock or water.
2 tablespoonfuls of grated	Teaspoonful of lemon juice.
carrot.	Salt and pepper.
2 tablespoonfuls of chopped	
celery.	

Peel and chop the onion. Wash the liver and pass it through a mincing machine. Chop the bacon fat and fry it for two minutes in a saucepan, take out the pieces, make the fat remaining very hot, in it fry the onion to a brown

colour, remove it, leaving the fat in the pan, in which fry the liver and flour, stir over the fire to brown quickly, using more fat if necessary, now add the stock, carrot, celery, onion, and bacon, stir over the fire until it boils, add the herbs, let it simmer slowly until the carrot is quite soft, time about one hour. Take out the herbs, cut a few cabbage leaves into dice, put them into boiling water for two minutes, drain, and add to the soup, simmer for five minutes longer. Season to taste, and serve.

### Kidney Soup

$\frac{1}{4}$ lb. ox kidney.	Bunch of herbs.
$1\frac{1}{2}$ ozs. of flour.	Pepper and salt.
$1\frac{1}{2}$ ozs. of bacon fat or butter.	1 teaspoonful of lemon juice.
1 quart of stock.	Dessertspoonful of parsley.
1 large onion.	
$1\frac{1}{2}$ tablespoonfuls of scraped carrot.	

Wash and wipe the kidney, cut it into small pieces. Cut the onion small, fry it to a brown colour in half of the fat, and turn it on to a plate. Make the remainder of fat very hot in the pan, put in the kidney, stir it about for half a minute, then add the flour and stir it over a brisk fire until it browns, add the stock, onion, carrot, and herbs, stir until it boils, let it simmer gently for three-quarters of an hour, or until the kidney is quite cooked, stirring once or twice during the time.

Take out the herbs, season with salt, pepper, and lemon juice, add the parsley, and serve. The addition of mushroom ketchup is an improvement.

### Tripe Soup

$\frac{1}{2}$ lb. of tripe.	1 small carrot.
2 lbs. of raw beef bones.	Bunch of herbs.
$\frac{3}{4}$ lb. of potatoes.	2 quarts of water.
$\frac{1}{2}$ lb. of tomatoes.	Dessertspoonful of lemon juice.
1 oz. of butter or dripping.	Salt and pepper.
2 large onions.	

Wash and chop the bones, put them into a saucepan. Wash the tripe, put it into a saucepan and cover with cold water, boil, drain, and wash it. Place the tripe with the bones, cover with the cold water, let it come slowly to the boiling point. Skim, add the carrot and herbs. Simmer

gently until the tripe is quite cooked, from two and a half to three hours. Take up the tripe, cut it into small squares and reserve for the soup. Peel and slice the onions, wash and slice the tomatoes and potatoes. Heat the fat in a saucepan and fry the onions to a brown colour, then add the tomatoes, potatoes, and the stock strained from the bones. Boil it gently for half an hour, until the vegetables are cooked. Pass all through a sieve, return to the pan. Season, add the lemon juice and the pieces of tripe.

Cooked bones may be used, but more must be taken; or stock can be used.

### Calf's Feet Soup

2 calf's feet.

1 large onion.

1½ ozs. of butter.

2 ozs. of flour.

1 oz. of ham or bacon.

1½ quarts of stock.

1 glass of sherry or juice of ½ lemon.

#### *Force meat Balls.*

1 chopped shallot.

1½ ozs. of cooked ham.

¼ teaspoonful of mixed herbs.

¼ teaspoonful of parsley.

1 oz. of bread crumbs.

Pepper, salt, and cayenne.

1 egg and crumbs.

Well wash the calf's feet, place them in a pan and cover them with cold water, boil them, pour the water away and rinse the feet in cold water. Put them in a stewpan with some beef stock that has been flavoured with vegetables and herbs, let it boil, skim well, and let it simmer for three and a half to four hours, until the meat will easily come from the bones. Lay the feet on a dish, take out all the bones, lay another dish on the meat with a weight on the top, to press it, until cold. Strain the stock and free it from fat. Slice the onion, cut small the ham, and fry them in the butter, add the flour and stir until it is of a brown colour, remove the pan from the fire and mix in the stock, then stir it over the fire until it boils, and let it simmer for about twenty minutes while making the forcemeat balls, then skim, strain, and return it to the pan, season to the taste. Cut the meat into small squares and add to the soup with the balls. Let it simmer ten minutes longer.

#### *For the Force meat Balls.*

Chop the ham, then mix all the dry ingredients together, add as much of the beaten egg as the mixture requires to

bind it, then divide it into tiny portions, about the size and shape of marbles, brush them over with the remainder of the egg, cover with crumbs, and fry them in some hot fat.

## Mock Turtle Soup

$\frac{1}{2}$  calf's head.  
 2 lbs. shin of beef.  
 Small knuckle of veal.  
 $1\frac{1}{2}$  ozs. of butter.  
 $2\frac{1}{2}$  ozs. of flour.  
 1 oz. of ham.  
 Large bunch of herbs.  
 12 peppercorns.  
 6 cloves.

A blade of mace.  
 3 onions.  
 1 carrot.  
 $\frac{1}{2}$  head of celery.  
 1 leek.  
 Glass of sherry or some lemon juice.  
 Salt and cayenne.  
 Quenelles.

Leave the head in water to soak for five or six hours ; then wash it well and take out the brains. Bone the head. Cut 6 ozs. of the lean part of the veal and reserve to make the quenelles. Then chop the bones taken from the head, the veal, and the beef. Put them into a stock-pot, and place the flesh from the head on the top ; then well cover with water, add a little salt and let it slowly come to the boil. Skim it well ; add the vegetables, cleaned but not cut up, and the spices. Let all simmer very slowly for eight or nine hours. When the head is quite tender (it will take about four hours), lift it out carefully and place between two dishes to press until quite cold. Strain the stock. Melt the butter in a pan, add the ham cut into small pieces, and fry slowly for five minutes, then add the flour and stir until it is of a dark-brown colour. Take it off the stove and add the stock by degrees ; stir over the fire until it boils ; put it at the corner of the stove to simmer slowly for twenty minutes ; skim and strain it. Cut the head into small square pieces and warm up in the soup ; add the sherry, cayenne, and salt to taste. Turn it out into the tureen, then put in some very small quenelles, made with teaspoons, and poached for ten minutes in water. The mixture for these quenelles is made similar to veal quenelles (see p. 184).

As this makes rather a large quantity of soup, and is rather expensive, it will be found more economical to make an entrée of a portion of the head, and use the remainder for soup.

## Ox-tail Soup

1 ox tail.	Bunch of herbs.
4 quarts of second stock.	12 peppercorns.
2 ozs. of butter.	4 cloves.
3 ozs. of flour.	A blade of mace.
2 onions.	Salt.
1 carrot.	Lemon juice or a wineglassful of
$\frac{1}{2}$ stick of celery.	sherry.

Cut the tail into sections, the larger joints into three or four pieces ; wash them well, and place in a saucepan with the stock (this may be made with cooked or uncooked bones), the onions with the cloves stuck in them, the celery, carrot, herbs, and spices. Let it come to the boil, pour in a little cold water to bring up scum, skim well, and simmer slowly until the pieces of tail are quite cooked (time, about three or four hours), skimming occasionally, then strain. Pick out the pieces of tail from the vegetables. Melt the butter in a saucepan, add the flour, and stir over the fire until it is of a brown colour ; then mix in the stock smoothly, and stir until it boils, simmer slowly for a quarter of an hour, skim well, add the pieces of tail, season to taste, add the lemon juice or sherry.

## Fish Soup

$1\frac{1}{2}$ lbs. of skate or flounders.	1 tablespoonful of flour.
2 onions.	1 oz. of butter.
3 or 4 pieces of celery.	6 peppercorns.
1 carrot.	A little grated nutmeg.
1 teaspoonful of chopped	2 quarts of water.
parsley.	$\frac{1}{2}$ pint of milk.
Bunch of herbs.	Salt.

Wash the fish and cut into small pieces, place in a saucepan with the water, peppercorns, and a little salt and bring to the boil. Wash the vegetables and add with the herbs (reserve some of the red part of the carrot, cut into neat pieces, cooked, for serving in the soup) ; let the whole simmer slowly for two or three hours, skimming frequently ; then strain through a fine sieve. Melt the butter in a saucepan, add the flour, and stir over the fire for two minutes without allowing it to colour, add the stock and milk, stirring till smooth ; then stir over the fire until it boils, simmer for a few minutes, season with

salt and nutmeg, add the cooked carrot, and pour into the tureen on top of the parsley.

A little of the fish could be taken out when it is cooked, freed from bone, and added to the soup when finished.

## Oyster Soup

18 oysters.  
2 large whittings.  
3 pints of water or fish liquor.  
2 ozs. of butter.  
2 ozs. of flour.  
Bunch of herbs.  
1 gill of cream.  
1 large onion.  
Salt and pepper.  
Cayenne.

1 teaspoonful of lemon juice.  
2 yolks of eggs.  
Quenelles.  
 $\frac{3}{4}$  oz. of butter.  
 $\frac{3}{4}$  oz. of flour.  
 $\frac{3}{4}$  gill of milk.  
1 whole egg.  
Nutmeg.  
Pepper and salt.

Peel and slice the onion, fry it with one ounce of the butter in a stewpan, without letting it colour. Wash the fish, take off the fillets, and reserve four ounces of the fish for the quenelles. Cut up and bone the remainder of fish and place in a stewpan, pour in the water and add the herbs. Beard and take the hard portion from the oysters and add to the stewpan. Simmer slowly for one hour. Melt the remainder of the butter, add the flour, cook slowly for two minutes. Strain the soup on to the flour, stirring it smoothly, stir over the fire until it boils. Mix the cream with the yolks in a basin, pour slowly the soup into it stirring the while. Turn it back into the stewpan and stir on the fire for two minutes without letting it boil. Season with the lemon juice, salt, and pepper, and pass through a tammy cloth or fine strainer. Place the oysters, cut into two or three pieces, in a tureen, pour the soup in and add the quenelles.

*For the quenelles.*—Make a panada by cooking the butter and flour in a stewpan for two minutes, without letting it colour, add the milk and stir until it boils, allow it to cool. Pound the fish, add the panada, the seasonings, and the egg, mix well, and pass through a wire sieve. Place it in a forcing bag and squeeze out in small portions on to a greased pan. Cover them with boiling water, poach for five minutes. Drain them on a cloth and serve them in the soup.

## Bisque of Lobster

1 small lobster.		2 pieces of celery.
1 lb. of plaice.	} or 1 quart of	$\frac{1}{2}$ small carrot.
3 pints of water		1 large onion.
1 oz. of butter.	fish stock.	Bunch of herbs.
2 ozs. of flour.		Juice of $\frac{1}{2}$ a lemon.
2 yolks of eggs.		Salt.
$\frac{1}{2}$ gill of cream.		Paprika pepper.
Lobster spawn.		Croûtons of bread.

Wash and cut up the plaice, put it in a saucepan with the water and a little salt, let it simmer gently for one hour, then strain. Dip the lobster into water, wipe it, and break it open, take out the tail portion and the thick part of the claws and reserve. Crush the remainder of the lobster and shell. Peel and slice the onion, fry it in half of the butter for three minutes without letting it colour, stir in the flour, add the crushed lobster, the herbs, carrot, and celery cut small, mix in the fish liquor, stir until it boils, let it simmer for half an hour. Crush the spawn with the remainder of the butter, stir it into the soup until it turns red. Strain it first through a coarse sieve, then press it through a tammy cloth, turn it back into the stewpan, add the lemon juice and let it boil. Mix the yolks in a basin with the cream, pour the soup on to them stirring at the same time, turn it back into the pan. Season to taste, and let it get thoroughly hot, but not to boil, as it will curdle.

Cut the lobster into neat pieces and add to the soup.

Fry small squares of bread, sprinkle them with paprika pepper and salt, serve with the soup.

## Bisque de Shrimps

1 pint of shrimps.	Bunch of herbs.
$\frac{1}{2}$ lb. of skate or other fresh fish.	Anchovy essence.
1 $\frac{1}{2}$ pints of water.	$\frac{1}{2}$ gill of cream.
1 oz. of butter.	2 yolks of eggs.
2 ozs. of flour.	Paprika pepper and salt.
$\frac{1}{2}$ small carrot.	Lemon juice.
1 large onion.	Croûtons.

Wash and cut the fish small, put it on with the water and let it simmer for one hour, strain it. Wash the shrimps and shell them. Peel and slice the onion,

fry it in the butter without colouring it, add the carrot cut small, stir in the flour and fish stock, add the herbs and shrimp shells, stir it until it boils, let it simmer for half an hour, strain it through a coarse sieve, then pass it through a hair sieve or tammy cloth, return it to the stewpan, add lemon juice, anchovy, salt, and paprika pepper to taste. Mix the yolks with the cream in a basin, pour in the hot soup stirring at the same time, return it to the stewpan, stir it till it is thoroughly hot, but do not let it boil, add the picked shrimps. Fry the croûtons of bread, sprinkle them with paprika pepper and salt, and serve with the soup.

### Mussel Soup

1 quart of mussels.  
 1½ pints of fish stock.  
 ½ pint of milk.  
 2 yolks of eggs.  
 2 tablespoonfuls of vinegar.  
 Cayenne.  
 Croûtons.

1 oz. of butter.  
 1 oz. of flour.  
 1 large onion.  
 1 leek.  
 1 bunch of herbs.  
 Salt and pepper.

Cook the mussels (see p. 109). Lay them in a pie-dish and pour the vinegar over them. Melt the butter in a stewpan, add the onion and leek, cleaned and cut in slices, fry them for five minutes, put in the flour, stir it over the fire two minutes, then take the pan from the fire, and add the herbs and the fish by degrees (this can be made from any scraps of fish stock, or bones and skins from filleted fish). Stir the soup over the fire until it boils, then let it simmer gently for about twenty minutes until the vegetables are cooked. Pass the soup through a sieve or colander, return it to the pan, add half of the milk, and boil it. Mix the yolks of eggs with the remainder of milk in a basin, pour it gently into the boiling soup, stirring at the same time. Return it all to the pan and stir it on the fire for a few minutes, but it must not boil or it will curdle. Now turn the mussels and vinegar into the soup, add the seasonings to taste, and more vinegar if necessary. Turn it into the tureen. Serve with fried croûtons.

If fish stock is not available this soup may be made with one pint of milk and one pint of water. If some cream is used with the yolks instead of milk it is a great improvement to the soup.

## CHAPTER V

### FISH

FISH to be wholesome must be quite fresh. When fresh and in season the flesh is firm and springy to the touch, weighty for its size, eyes full and bright, and the gills red. Plenty of scales on scaly fish usually indicates freshness. The spots or marks on such fish as plaice and mackerel should be well pronounced, but one of the best tests is the smell.

Fish is out of season, and therefore not so good, during the period of spawning. The flesh being flabby, watery, and without much flavour.

Fish, though not quite so nutritious or so stimulating as butcher's meat, is an excellent article of diet, as it is light and easy of digestion, and well suited to delicate persons and those following sedentary occupations, who generally do not take sufficient exercise in the fresh air.

Fish contains a fair proportion of flesh-forming and mineral matter, and the white kinds very little fat, hence their value in a sick diet. Fish contains a large amount of gelatine, it is usually improved by cooking it with, or serving sauces, containing lemon or vinegar. A few fishes are rich in fat, as salmon, mackerel, eels, and herring; they are more satisfying as a meal, but usually more difficult to digest, except the latter, which is fairly easy to digest, and, being very cheap, forms an economical food.

The digestibility will vary also with the quality of the fish and the methods of cooking. Whiting, soles, and plaice are among those easiest to digest, and if for an invalid should be steamed or boiled.

White fish when boiled is improved by being rubbed over with a cut lemon, or by adding a little vinegar to the water in which it is cooked to keep it white and firm. The fish

should be put into hot, not boiling water, otherwise the higher temperature contracts the skin too quickly, and it breaks and looks unsightly.

Salt fish may be placed in cold water, and then boiled to extract some of the salt ; if the fish has been salted and dried, it is better to soak it in cold water for about twelve hours before cooking.

To steam fish : where a proper fish steamer is not available, tie it loosely in a piece of muslin, and stand it on an inverted basin in a saucepan containing boiling water reaching a third way up the basin ; the muslin enables one to lift the fish out without breaking it. Another more savoury method of steaming fish is to place it in a dish or tin with a tablespoonful of water, and seasonings, cover with greased paper, and cook in the oven ; this method is suitable for fillets and small pieces of fish.

Fish to be fried should be cooked in sufficient fat to well cover it, after having been dried and covered with batter, or egg and bread crumbs.

Salmon to be in perfection should be cooked on the day it is caught. The best fish have a small head and tail, shoulder part thick, the flesh of a pinky red, and scales of a bright silvery colour.

Mackerel often disagree with those who partake of them. They should be cooked as soon as possible after being caught. Small or medium sized fish are the best.

Skate and John Dory are by some thought to be improved by keeping for a day.

## Boiled Fish

2 lbs. or more of fish.	} to 3 pints of water.		Lemon. Parsley.
1 tablespoonful of			
vinegar			
1 dessertspoonful of salt			

Prepare the fish by removing the gut and the thin black skin around it. Cut the fins and tail evenly, take out the eyes, or cut off the head. Wash the fish. Any white fish like turbot or halibut is improved by rubbing a cut lemon over the white skin. If necessary, tie the fish into shape.

Have sufficient hot water in a pan to just cover the fish, add the vinegar and salt in the above proportion. If cooking coloured fish, such as salmon, do not add any vinegar. Place the fish on a drainer, or if a proper fish-kettle is not being used, the fish must be tied loosely in a piece of muslin, to enable it to be lifted out without breaking. Put in the fish and let it boil very gently, if boiled quickly the skin and fish will break and the appearance will be spoilt.

The usual time allowed for fish to boil is ten minutes to each pound and ten minutes over, but a very thick piece of fish, as certain parts of cod and salmon, may require fifteen minutes. If the fish is cooked, it can be raised from the bone easily with a skewer. Drain the fish, place it on a serviette, garnish with tufts of parsley and a cut lemon. Serve a sauce separately in a sauce-boat.

### Stewed Fish

1 lb. cod, hake, or skate.  
1 oz. of butter.  
1 oz. of flour.  
Pepper and salt.  
Bayleaf.

Teaspoonful of lemon juice.  
 $\frac{1}{2}$  pint of water.  
1 gill of milk.  
Teaspoonful of chopped parsley.

Cut the cod or hake into two pieces, wash the fish and lay it in a large pie-dish, sprinkle pepper, salt, and lemon juice over. Pour in the water, add the bay leaf, cover the dish with another one to keep in the steam. Place it in a moderate oven to stew gently for twenty minutes or more, according to the thickness of the fish. Lift the fish on to a flat dish and cover to keep warm. Melt the butter in a saucepan, add the flour and cook for two minutes without colouring, add the liquor strained, in which the fish was cooked, and stir it smoothly, pour in the milk, stir it over the fire until it boils, adding more milk or water if necessary. Season and add the parsley. Pour the sauce over the fish and serve.

### Filleted and Fried Plaice

1 plaice.  
Egg and bread crumbs.  
Pepper and salt.

Flour.  
Frying fat.

Wash the fish well. Take out the black skin from the inside, using a little salt. Cut it down on the backbone

then cut down by the depth of the bone ; now raise the fish from the bones with the point of the knife, taking care not to tear the fillet. Place the fillet on the board with the skin side downwards, cut through the fish to the skin by the tail end, then pass the knife to and fro, pulling the skin towards you, so that the knife passes between the skin and the fillet. Take the other fillets off in the same manner ; if large, cut each fillet into two or three pieces.

Lay two or three pieces on a cloth, sprinkle a little flour, pepper and salt over them, cover the fish with the cloth, hold the two ends, one in each hand, and shake to and fro to dry the fish. Brush each piece all over with well-beaten egg, and cover with bread crumbs. Shake off any loose crumbs. Have sufficient fat in a saucepan to well cover the fillets, and make it quite hot (see p. 10). Put in one or two pieces of the fish according to the quantity of fat, and fry them to a brown colour, from two to four minutes, according to the thickness of the pieces. Then drain them well, and put them on a wire drainer to keep warm while the remainder are being cooked. When ready to serve, dish them, tilted one against the other, on a serviette or paper, and garnish with parsley and slices of lemon. Serve with either plain melted butter or anchovy sauce.

The bones and skins from the fish should be put into a small saucepan and covered with cold water, to which a little salt has been added. Simmer gently for half an hour. Then strain and use to make a sauce to serve with the fish.

## Water Souché

6 dabs.  
 $\frac{1}{2}$  pint of water.  
 $\frac{1}{2}$  a carrot.  
 1 onion.

1 teaspoonful of chopped parsley.  
 Salt and pepper.  
 Lemon juice.

Wash and clean the fish, put it into a saucepan, and cover with the water, add the onion peeled and cut into halves, the red part of the carrot cut into very thin strips, about one and a half inches in length. Simmer gently until the fish is quite cooked, about twenty minutes, then add salt, pepper, and a little lemon juice. Put in the chopped parsley. Serve in a soup tureen, taking care not to break the fish.

## Grilled Haddock and Maître d'Hôtel Butter

1 fresh haddock.	$\frac{1}{2}$ teaspoonful of lemon juice.
$\frac{1}{2}$ oz. of butter.	Pepper and salt.
$\frac{1}{2}$ teaspoonful of chopped parsley.	Grated nutmeg.
	1 tablespoonful of salad oil.

Wash and trim the haddock, cut off the head. Cut it down by the backbone, then cut under the bone and remove it. Lay the fish open on a dish and pour the oil all over it, or some melted fat can be used if preferred. Grill the fish on both sides to a light brown colour for about ten minutes, lift it carefully on to a dish without breaking it. For the maître d'hôtel butter, mix the butter on a plate with the pepper, salt, and a little nutmeg, add the lemon juice gradually, lastly stir in the parsley. Spread this all over the haddock and serve.

## Fillets of Fresh Haddock à l'Indienne

1 large fresh haddock.	$1\frac{1}{2}$ gills of fish liquor.
1 oz. of butter.	1 tablespoonful of mustard
1 oz. of flour.	pickles.

Fillet the haddock and skin the fillets, cut each one into two pieces; place them on a tin, sprinkle a little pepper, salt, and lemon juice on each piece, add one tablespoonful of water, cover with greased paper and cook in the oven for about ten minutes, then dish them up in a circle. Make a brown sauce with the butter, flour, and fish liquor, add salt to taste, the pickles chopped finely, and a little of the mustard liquor. Pour the sauce over the fish and serve.

The fish liquor is prepared by placing the bones and skins in a saucepan, covering them with water, and adding a pinch of salt, and allowing it to simmer for half an hour, then straining.

## Stuffed and Baked Haddock

1 fresh haddock.	1 egg.
1 oz. of chopped suet.	Milk.
$1\frac{1}{2}$ ozs. of bread crumbs.	1 oz. dripping.
$\frac{1}{2}$ teaspoonful of chopped parsley.	1 tablespoonful of crumbs for the outside.
$\frac{1}{2}$ teaspoonful of mixed herbs.	$\frac{1}{2}$ oz. of butter.
Grated rind of $\frac{1}{2}$ a lemon.	$\frac{1}{2}$ oz. of flour.
Pepper and salt.	Cayenne, and anchovy essence.

Wash and trim the haddock, score the skin on both sides.

Mix the bread crumbs with the suet, herbs, pepper, salt, and lemon, bind the mixture together with the beaten egg, and if necessary use a little milk. Roll the stuffing into a bolster shape and place inside the fish, secure the skin of the fish over the stuffing with a skewer or a trussing-needle and string. Fasten the fish into the shape of the letter S with string. Melt the dripping and pour on the haddock, then sprinkle some bread crumbs over. Place the fish on a tin, and put some pieces of dripping on the top of it, pour two tablespoonfuls of water into the tin. Bake in rather a hot oven for about half an hour, letting it get a brown colour, then dish it up on a flat dish and take out the string. Put the butter and flour into the tin and stir over the fire until it turns brown, add one and a half gills of water and stir until it boils. Season to taste with anchovy essence and cayenne, strain and pour it round the fish.

### Boiled Dried Haddock

1 dried haddock.	$\frac{1}{2}$ oz. of butter.
$\frac{1}{2}$ teaspoonful of chopped	
parsley.	
	Pepper.

Cut the haddock into pieces, of convenient size to serve, put them into a frying-pan and barely cover with hot water, cover the pan over with a dish or tin and simmer for about ten minutes, a little longer if the fish is very thick. Drain them and place on a dish. Press the butter, parsley, and pepper together and spread over the haddock.

If preferred the haddock can be skinned first ; if placed into boiling water for five minutes the skin can be pulled off easily.

### Fish Pie

$\frac{1}{2}$ lb. of cooked fish.	1 gill of milk.
1 lb. of mashed potatoes.	
$\frac{1}{2}$ oz. of butter.	
$\frac{1}{2}$ oz. of flour.	
	1 or 2 hard-boiled eggs.
	Pepper, salt, and grated lemon
	rind.

Free the fish from bones, skin and break into flakes. Melt the butter in a saucepan, add the flour and stir for two minutes over the fire without allowing it to colour ; take it off the fire and pour in the milk a little at a time, stirring smoothly, then stir over the fire until it boils ; season it with

pepper and salt. Place a layer of the fish on the bottom of a pie-dish, sprinkle some lemon rind over, slice the eggs thinly, and put some over the fish, then ladle some sauce over, continue putting layers until all the fish and sauce are used. Well mash the potatoes; season with butter, milk, pepper, and salt, and spread evenly over the top of the dish; brush all over with a little beaten egg, and put some pieces of fat on the top. Bake to a brown colour in a hot oven for about twenty minutes. Serve garnished with parsley.

This dish may be made with any kind of fish. The eggs can be left out if preferred, and chopped parsley or nutmeg can be used instead of lemon.

This is a very good way of using up the remains of boiled salt fish.

## Fried Sprats in Egg and Bread Crumbs

1 lb. of large sprats.	Frying fat.
Egg and bread crumbs.	

Cut off the tails and fins, break off the heads, and pull out the guts. Wash them quickly, handling them as little as possible, lay them upon a cloth to drain. Shake a few at a time in a cloth with some flour, brush them over with beaten egg and cover them with crumbs. Shake any loose crumbs off, and fry them a golden colour in some hot fat for about five minutes. Dish them on a serviette, and garnish with parsley and slices of lemon.

A mustard sauce may be served.

## Fried Sprats

1 lb. of sprats.	Frying fat.
2 or 3 tablespoonfuls of flour.	Pepper and salt.

Clean the fish as in the preceding recipe. Just before putting them into the fat, shake them in plenty of flour. Fry them quickly to a brown colour; drain them well, sprinkle with pepper and salt. Dish up and garnish with parsley and lemon.

It is easier when frying these to use a frying basket.

## Soused Sprats

1 lb. of sprats.	Salt.
1 onion.	1 gill of vinegar.
Parsley, thyme, and bay-leaf.	$\frac{1}{2}$ gill of water.
12 peppercorns.	

Clean the sprats. Lay them evenly in rows in a pie-dish, sprinkling them with salt and placing the onion, sliced thinly, between them. Lay the parsley, thyme, and bay-leaf down by the side of the sprats. Put in the peppercorns, and pour the vinegar and water over, sufficient to just cover the sprats. Place a dish or tin over the pie-dish, and bake in a hot oven for twenty minutes. Take off the cover and pick out the herbs. Stand the pie-dish on a flat dish and garnish with parsley. Serve hot or cold.

## Sprats Fried in Batter

1 lb. of large sprats.	Frying fat.
Frying batter (p. 343).	

Clean the sprats, lay them on a cloth to dry. Have some frying fat very hot. Dip six or seven sprats into the batter and drop them into the fat. Fry them to a brown colour for three or four minutes. Drain them, and dish them on a serviette or paper; garnish with parsley and quarters of lemon.

## Sprats Boned and Fried

Large sprats.	Pepper and salt.
Egg and bread crumbs or frying batter.	Lemon.
	Flour.

Wash and trim the sprats, cut off the heads, cut them open down the back, take out the bones. Sprinkle each with a little pepper and salt, also lemon juice, and a very little flour. Place two sprats of the same size, the insides together, sprinkle the outsides with a little flour and egg and bread-crumbs. Fry them in very hot fat for two or three minutes, drain and dish them up on a paper, garnish with parsley and slices of lemon. If preferred, instead of placing two sprats together, each may be rolled up from the tail end and finished as before. They can also be fried in batter instead of egg and crumbed.

## Boned and Stuffed Herrings

3 fresh herrings.	1/2 teaspoonful of mixed herbs.
3 tablespoonfuls of bread crumbs.	Pepper and salt.
1 teaspoonful of chopped parsley.	Water.
	1 oz. of dripping.
	Bread crumbs for the outsides.

Wash the herrings, scrape off the scales, cut off the fins and the heads ; cut the fish down by the backbone, and take out all the bones and the guts and wipe the insides. Mix the crumbs, herbs, pepper, and salt together and moisten with a little water, lay this in equal quantities on each of the herrings, and roll them up from the tail-ends. Melt the dripping and pour over, then sprinkle some crumbs on the tops. Place them on a tin with two tablespoonfuls of water. Bake in rather a hot oven to make them a nice brown colour. Time, fifteen to twenty minutes. Dish them up and garnish with parsley.

Mackerel may be prepared and cooked in a similar manner.

## Soused Herrings

4 or 6 fresh herrings.	Parsley, thyme, and bay-leaf.
1 onion.	1 gill of vinegar.
12 peppercorns, blade of mace.	1/2 gill of water.
Salt.	

Cut off the tails, fins, and the heads from the fish, take out the guts and scrape off the scales. Score the sides with a sharp knife ; lay two on the bottom of a pie-dish ; peel and slice the onion thinly, put some over the fish with the peppercorns and mace, sprinkle some salt and the herbs over this. Place another layer of fish and the remainder of the onion on the top. Cover the dish, and bake from twenty minutes to half an hour. Let it get quite cold, then lift the fish out on to a flat dish and strain some of the liquor over. Garnish with parsley.

Mackerel can be soured in the same way. The remains of boiled salmon or mackerel can be soured. Cut the remains of the fish neatly and place in a pie-dish. Boil the other ingredients, except the water, in the vinegar for five minutes, then pour it over the fish. Let the whole remain

for two or three hours, turning the fish over once or twice in the vinegar. Serve similar to soused herrings.

## Fish Cakes

6 ozs. of cooked fish.	1 beaten egg.
8 ozs. of mashed potatoes.	1 oz. of butter or dripping.
1 egg.	Pepper and salt.
1 teaspoonful of chopped parsley.	Egg and bread crumbs.
2 teaspoonfuls of anchovy essence.	Frying fat.

Free the fish from skin and bones ; break into small flakes, and put into a basin. Well mash the potatoes, add these to the fish, also the butter, melted. Put in the seasonings and the beaten egg, taking care not to make the mixture too soft, mix well. Divide the mixture into seven or eight equal-sized portions, flatten them into cakes, with two knives, making them about one inch in depth. Brush them all over with beaten egg, and cover them with bread crumbs ; shake any loose crumbs off, and fry to a brown colour for two or three minutes in some hot fat. Drain them well, and dish them up, one tilted on the other in a circle on a serviette or paper. Garnish with parsley.

Hard-boiled egg chopped, may be added to the mixture.

Different proportions of fish and potatoes may be used. Boiled rice may be substituted for potatoes, if liked.

## Fish Pudding Baked

$\frac{1}{2}$ lb. of cod fish.	1 teaspoonful of chopped parsley.
$\frac{3}{4}$ lb. of mashed potatoes.	$1\frac{1}{2}$ ozs. of butter or dripping.
1 egg.	Tablespoonful of milk.
Rind of lemon grated.	A few bread crumbs.
Nutmeg grated.	Salt and pepper.

Well mash the potatoes, if cold, warm the fat and pour in, stir well, adding the milk. Break the fish into small pieces, freeing it from bones and skin, mix it with the potatoes, add parsley, pinch of nutmeg, lemon rind, pepper, and salt to taste ; lastly, well mix in the beaten egg. Grease a pint-sized pudding-basin, sprinkle a few crumbs over the inside, turn in the fish mixture, spread it level, and bake in a hot oven for twenty to thirty minutes. Turn it

out on to a hot dish, it should be of a rich brown colour all over. Garnish with sprigs of parsley and slices of lemon.

## Fish Pudding Steamed

6 ozs. of cooked fish.	1 teaspoonful of chopped parsley.
3 ozs. of rice.	Pepper and salt.
3 eggs.	Grated lemon rind.
1 gill of fish liquor and milk.	$\frac{1}{2}$ pint of white sauce.

Free the fish from skin and bones, and break it into flakes. Boil one egg hard and cut into thin slices ; butter a basin or plain mould and stick the slices of egg on it, sprinkle some parsley over. Mix well together the fish, rice, pepper, salt and the grated rind of half a lemon, and fill the basin with it. Beat the two eggs well in some of the liquor, boil the remainder and pour on to the eggs, stirring well at the same time ; then pour it over the fish, cover the basin with a greased paper, and steam until it sets ; time, about half an hour. Turn it out on to a hot dish and pour some white sauce around.

## Russian Fish Pie

$\frac{1}{2}$ lb. of cooked fish.	Salt and pepper.
2 ozs. of rice.	6 ozs. of flour.
2 ozs. of butter.	3 ozs. of dripping.
$\frac{1}{2}$ teaspoonful of chopped parsley.	$\frac{1}{2}$ teaspoonful of baking powder.
Grated rind of $\frac{1}{2}$ a lemon.	Water.

Free the fish from skin and bones, and break into small flakes ; there should be half a pound of fish without the bones. Boil the rice, put it into a basin with the butter, fish, and the seasonings ; mix well with a fork. Make a stiff short paste with the flour, dripping, powder, salt, and water, roll it out in a round piece, and cut out with a dinner plate. Place the fish mixture upon it, wet the edge of the paste and join it together over the top of the fish, brush it with beaten egg, and decorate the top with strips of paste made from the trimmings. Bake in rather a hot oven to a rich brown colour for about twenty-five minutes. Serve hot, garnished with parsley.

## Fish Chowder

1 lb. of cod or hake.	4 potatoes.
$\frac{1}{2}$ lb. of streaky bacon.	Bunch of herbs.
1 oz. of flour.	Chopped parsley.
$\frac{1}{2}$ oz. of butter.	Pepper and salt.
2 onions	Lemon juice.

Wash the fish and cut it into neat pieces. Trim the bacon, and cut into squares, and fry them in a pan, lift half of the bacon out, add the onions cut into quarters, the pieces of fish, sprinkle a little pepper and salt over, put in the herbs, and the potatoes cut into slices, more pepper and salt and the pieces of bacon on the top. Squeeze a teaspoonful of lemon juice over, pour in a gill of water, and let it cook slowly for about three-quarters of an hour, until the potatoes are quite cooked. Lift out the potatoes, fish and bacon carefully on to a dish, take out the herbs. Mix smoothly the flour with the milk, pour into the pan, and stir it until it boils, boil gently for five minutes, season to the taste, stir in the butter and pour it all over the fish. A little paprika pepper may be sprinkled over the top.

## Baked Aberdeen Fillets

1 lb. of Aberdeen fillets.	Dessertspoonful of chopped
$1\frac{1}{2}$ lbs. of potatoes.	parsley.
1 large onion.	Salt and pepper.
1 oz. of butter or dripping.	Nutmeg and lemon juice.
1 gill of milk.	

Peel and parboil the potatoes for five minutes, slice them, also the onion, very thinly. Wash the fish, cut it into three or four pieces. Grease a deep meat dish that will stand the heat of a hot oven, lay the fish on overlapping down the centre, place the slices of potato and onion all round the fish, sprinkling salt, pepper, parsley and nutmeg between and over. Sprinkle a little lemon juice on the fish, pour the milk over the potatoes, and put the fat in small pieces all over. Wipe the edge of the dish quite clean and bake in a hot oven for about twenty minutes, letting the potatoes get brown on the top. Sprinkle a little parsley over and serve in the same dish.

## Stewed Eels

1 to 1½ lbs. of eel.  
1 onion.  
1 oz. of flour.  
Water to cover fish.

1 dessertspoonful of chopped  
parsley.  
Lemon juice.  
Pepper and salt.

Cut off the head and fins from the eel. Wash and cut it into pieces, from two to three inches in length. Place the eel in a saucepan with the onion, peeled and cut into quarters, and cover with cold water. Put it on the fire to boil, then allow it to simmer slowly until quite tender. Time, from fifteen to twenty minutes according to the size. Lift out the pieces of eel. Mix smoothly the flour with a little cold water, add to it the liquor from the eel strained, stirring at the same time. Turn it back into the saucepan and stir it over the fire until it boils. If too thick add a little water. Season to the taste with pepper, salt, and a little lemon juice. Place the pieces of eel and parsley in the sauce. When thoroughly hot, serve in a deep dish or vegetable dish.

## Eel Pie No. 1

1 to 1½ lbs. of eel.  
Slice of onion.  
Pepper and salt.  
1 teaspoonful of lemon juice.  
1 teaspoonful of chopped  
parsley.  
1 teaspoonful of flour.  
1 gill of water or fish stock.

### *For the pastry.*

6 ozs. of flour.  
3 ozs. of dripping.  
½ teaspoonful of baking powder.  
½ teaspoonful of salt.  
Water to mix.

Wash, trim, and cut off the head from the eel. Cut it into pieces two inches in length. Make a stiff short paste (p. 395). Roll it out rather thinly. Line a shallow pie-dish or soup-plate with the paste, brush it over with white of egg. Place the pieces of eel in the dish, sprinkling the flour, lemon, parsley, pepper, salt, and onion chopped finely, in between and over the eel. Pour in the water. Cover over with pastry, using the trimmings to make leaves to decorate the top. Brush over with beaten egg. Bake in a moderately hot oven for three-quarters of an hour. Serve decorated with parsley.

A parsley sauce may be served separately.

## Eel Pie No. II

1 $\frac{1}{2}$ lbs. of large eels.	Salt and pepper.
$\frac{1}{2}$ pint of shrimps.	Cayenne.
1 tablespoonful of bread crumbs.	2 hard-boiled eggs.
1 shallot.	Mace.
1 teaspoonful of chopped parsley.	1 yolk of egg.
	Flaky pastry.

Skin and bone the eels, cut into convenient lengths. Put the bones in a saucepan, add a small blade of mace, pinch of salt, and about one pint of water, let them stew gently for half an hour, strain the liquor and use for the pie. Shell the shrimps and finely chop them, mix with the bread crumbs, the cayenne, and salt if necessary, finely chop the shallot and add, bind it altogether with some yolk of an egg. Spread this mixture on the eel where the bone was cut from, press the two pieces of eel together. Cut the eggs into quarters, lay four or five pieces of eel on the bottom of a pie-dish, sprinkle with parsley, pepper, salt and cayenne, then lay two or three pieces of egg on top, then more eel and egg until all are in the dish. Half fill the dish with the liquor from the bones, cover with the pastry, decorate the top with leaves of paste, brush over with beaten egg and bake for one and a quarter hours. Fill up the dish with the remainder of liquor and serve hot or cold.

## Stewed Scallops

6 large scallops.	Nutmeg.
1 oz. of butter.	Lemon juice.
1 oz. of flour.	Pepper and salt.
$\frac{1}{2}$ pint of milk.	Small onion.
1 teaspoonful of chopped parsley.	Bay-leaf.

Well wash the scallops, cut away the gray and black matter. Cut each into two, put them into a saucepan with the onion peeled and quartered, the bay leaf, and milk sufficient to cover. Let them simmer slowly until quite tender. Time, about half an hour. Lift out the scallops and strain the milk. Make a white sauce with the butter, flour, and the milk. Season with pepper, salt, a little grated nutmeg, and a few drops of lemon juice. Put in

the scallops and parsley. Dish up either in cleaned scallop shells, or in an au gratin dish.

## Baked Scallops

6 large scallops.  
1 oz. of butter.  
 $\frac{1}{2}$  oz. of flour.  
1 gill of milk.

1 tablespoonful of bread crumbs.  
Pepper and salt.  
Paprika pepper.  
Lemon juice.

Choose the scallops as fresh as possible. Wash and cut away the gray and black matter, leaving only the white and yellow or pink. Cut each into two. Melt half of the butter in a saucepan, add the flour and stir over the fire, without letting it colour. Mix in the milk and stir over the fire until it boils. Season. Clean four of the scallop shells, wipe dry, butter them, sprinkle over a few bread crumbs, then put in the scallops. Squeeze a little lemon juice on them, pour the sauce over, sprinkle with crumbs and place the butter in small pieces on the tops. Place in a hot oven to bake for twenty minutes, letting the tops get a rich brown. Stand the scallops on a dish with a serviette under them, and garnish with parsley and slices of lemon.

## Fricassee of Cod Sounds

$\frac{1}{2}$  lb. of cod's sounds.  
3 gills of milk.  
2 hard-boiled eggs.  
1 oz. of butter.  
1 oz. of flour.

Water.  
Nutmeg.  
Pepper.  
Paprika pepper.

Wash the salt from the sounds and soak them in warm water for half an hour. Place them in a saucepan with half a pint of the milk and water to barely cover them. Cook them slowly until quite tender. Time, thirty to forty-five minutes. Drain them from the liquor and keep warm. Make a white sauce (p. 231) with butter, flour, the gill of milk, and some of the liquor in which the sounds were cooked. Season. Cut the sounds, if large, add them to the sauce. Make it thoroughly hot, then turn it into an au gratin dish. Boil, shell, and cut the eggs into quarters, sprinkle some paprika pepper over, and arrange them round the dish.

The sounds are the swimming bladder of the cod, and are often used, also those from the sturgeon, in the manufacture of isinglass.

They are usually bought salted and dried at 1s. per pound.

### Cod Sounds Stuffed

3 large sounds.		1 egg.
3 tablespoonfuls of bread crumbs.		Paprika pepper.
6 or 9 oysters.		1 lemon.
1 oz. of butter.		$\frac{1}{2}$ pint of white sauce.
		Parsley.

Soak and boil the sounds, as in preceding recipe, until they are nearly cooked. Drain and cool them. Beard the oysters and cut each of the latter into four. Grate the rind of half a lemon and mix it with the crumbs, oyster, juice of half a lemon, pepper, and half of the butter. Bind the mixture with the egg well beaten, and some of the liquor from the oysters. Lay this mixture equally on the sounds and roll them over. Skewer or sew them into shapes. Melt the remainder of the butter and pour over the sounds, then sprinkle a few bread-crumbs on the tops. Place them on a tin or dish and brown them quickly in the oven. Take out the skewer and place them on a dish. Garnish with slices of lemon and parsley. Serve the sauce separately. The oyster liquor should be added to the sauce.

The stuffing may be varied by adding shrimps instead of oysters, or chopped ham.

### Haddock in Casserole

1 dried haddock.	4 tablespoonfuls of tomato sauce
2 tablespoonfuls of salad oil.	(p. 238).
1 Spanish onion.	Paprika pepper.
1 teaspoonful of chopped parsley.	

Wipe and trim off shoulders, tail and fins from haddock, cut into six or eight pieces, slice thinly the onion. Place the haddock and onion in layers in the casserole, sprinkle in the parsley and pepper, pour in the oil, cover the pan, and place it in a moderate oven for fifteen minutes.

Pour in the tomato sauce and put it back into the oven to cook slowly until finished ; time, altogether, about three-quarters of an hour. If it appears rather dry, a little water may be added.

### Baked Gurnet

Gurnet weighing 2 lbs.

1 tablespoonful of picked shrimps.

1 tablespoonful of bread crumbs.

1 teaspoonful of anchovy essence.

$\frac{1}{2}$  oz. of butter.

Cayenne and salt.

Lemon juice.

Yolk of egg.

Butter and crumbs.

Wash the fish before taking out the gut, cut it down by the backbone, remove the latter, take out the gut, well wipe out the fish, leave the head on, cut off the fins and the tail straight. Chop the shrimps, mix with the crumbs, seasonings, and the butter melted, bind with a little yolk and water. Lay this stuffing in the fish, fasten the fish in its original shape. Brush over the outside of the fish with the butter melted, sprinkle the top with bread crumbs. Place the fish on a fire-proof china dish, or on a baking tin, put in two tablespoonfuls of water, and some pieces of butter on top of the fish. Bake in a rather hot oven for half an hour. If cooked in the china dish serve it in the same, garnish with parsley and slices of lemon. Serve with a lemon or anchovy sauce.

### Fillets of Soles à la Maître d'Hôtel

1 sole.

1 oz. of butter.

1 oz. of flour.

$\frac{1}{4}$  gill of fish essence.

$\frac{1}{2}$  gill of milk.

1 teaspoonful of chopped parsley.

1 teaspoonful of lemon juice.

Salt and pepper.

Wash, skin, and fillet the sole ; roll or twist the fillets, the skinned side inwards, or they will unroll while cooking. Place them in a small tin, sprinkle pepper, salt, and lemon juice over, pour two tablespoonfuls of water in the tin, and cover with buttered paper. Cook in a moderately hot oven from ten to fifteen minutes ; then dish them up in a circle. Make some white sauce, mix in the lemon juice, parsley, pepper, and salt, and pour over the fillets.

## Fillets of Soles with Matelotte Sauce

2 medium-sized soles.  
1 large whiting.  
1½ ozs. of butter.  
2½ ozs. of flour.  
½ pint of fish liquor.  
1 gill of milk.

12 button mushrooms.  
6 or 9 oysters.  
Salt and pepper.  
Cream and lemon juice.  
1 egg.

Make a panada with half an ounce of butter, one and a half ounces of flour, and gill of milk ; let it get quite cold. Bone and skin the whiting and pound it well, add the panada, the yolk of egg, pepper, and salt, and pass it through a wire sieve. Then put it into a basin, add the white of egg whipped stiffly and about one tablespoonful of cream. Skin and fillet the soles, spread some of the purée of fish on half of each one, and fold the other part of the fillet over. Lay them upon a tin, sprinkle a little pepper, salt, and lemon juice over each, add a tablespoonful of water, and cover with buttered paper ; steam them in the oven for ten or fifteen minutes. Make the remainder of the purée into small quenelles with teaspoons, and poach them for seven minutes. Cook the mushrooms for five minutes in a little butter and a squeeze of lemon. Beard the oysters, and put them into a saucepan with their liquor, and just warm them, then strain and cut each one into two or three pieces. Make a white sauce with the remainder of the butter, flour, the fish liquor (made from the bones and skins of the fish), and the oyster liquor ; then add a little cream and lemon juice. Put the quenelles, mushrooms, and oysters with a little of the sauce in a pan to warm through. Dish up the fillets in a circle, the end pointing to the centre. Warm the sauce, place the oyster mixture in the middle.

## Orlys of Sole

1 sole.  
1 small onion.  
½ carrot.  
Parsley, thyme, and bay-leaf.

Juice of ½ a lemon.  
Frying batter (p. 343).  
Frying fat.

Skin and fillet the sole, cut the fillets into two pieces and lay them in a basin. Cut the carrot and onion into thin slices and put between the fish with the herbs ; squeeze the lemon juice over and let them stand at least one hour,

turn the fillets over occasionally. Have some frying fat very hot in a pan. Shake the fish free from the vegetables, dip two or three pieces in the batter, then drop them into the fat, fry for about three minutes, drain them, dish them on a serviette and garnish with fried parsley. Serve with Tartare sauce.

### Fillets of Soles à la Dauphine

2 soles.	6 button mushrooms.
1 large whiting.	1 shallot finely chopped.
1 small lobster and spawn.	1 teaspoonful of chopped parsley.
2 ozs. of butter.	1 egg.
2½ ozs. of flour.	Anchovy essence.
1 gill of milk.	Cayenne, pepper, and salt.
2 gills of fish stock.	Lemon juice.
½ gill of cream.	

Skin and bone the whiting. Fillet the soles; place the skins and bones in a saucepan with a pint of water and a pinch of salt to make the stock, simmer gently. Pound the fish from the whiting. Cook half an ounce of butter with one ounce of flour in a stewpan for two minutes, add half a gill of milk, and stir until it boils; let it cool, then add it to the fish in the mortar with the egg, pepper, and salt, mix well together and pass it through a sieve; cut the mushrooms into dice, and add with the shallot and parsley to the fish. Cover half of a fillet of sole with this mixture, fold the other part over neatly; stuff the remainder of the fillets and place them in a shallow tin, sprinkle a little lemon juice, pepper, and salt on each one, add a tablespoonful of the fish stock, cover with buttered paper, and cook in a moderate oven for fifteen minutes. Make a white sauce with the remainder of the butter, flour, and half a pint of fish stock, pass the spawn through a hair sieve with a little butter, add to the sauce, and stir over the fire until it turns a red colour; then add the cream, a teaspoonful of anchovy essence, a little lemon juice, cayenne, and salt. Cut the meat from the lobster into large dice, place in a stewpan with a little of the sauce to warm. Dish up the fillets of soles in a circle, stick a piece of a leg of lobster in the thin end of each one, place the lobster meat in the centre, and ladle the sauce over the fillets.

## Fillets of Sole and Colbert Sauce

1 large sole.  
Egg and crumbs.

Frying fat.  
Colbert sauce (p. 240).

Wash, skin, and fillet the fish, if large cut each fillet into two. Dry with flour, then brush with egg and cover with crumbs. Fry them to a golden colour, and drain. Make some Colbert sauce, reserving some of the parsley to go over the fish. Pour the sauce in a shallow casserole dish, lay the fillets along the dish on the sauce, sprinkle some blanched chopped parsley over the fillets, and serve. If preferred the sauce can be served separately in a sauce boat. The fish may then be garnished with cut lemon and parsley.

## Fillets of Sole with Mushrooms

1 large sole.  
2 tablespoonfuls of bread  
crumbs.  
16 to 20 button mushrooms.  
 $\frac{1}{2}$  oz. of butter.  
 $\frac{1}{2}$  teaspoonful of chopped  
parsley.

Grated rind and juice of  $\frac{1}{2}$  lemon.  
Pepper and salt.  
1 egg.  
 $\frac{1}{2}$  pint white sauce.  
Croûtons of fried bread.

Skin and fillet a sole, weighing a pound, or two soles weighing half a pound each; the fillets from the larger sole may be cut across slantways into two. Chop five or six mushrooms, mix with the bread crumbs, pepper, salt, lemon juice, and bind together with the beaten eggs. Spread this mixture equally on the skin side of the fillets and fold each over. Lay them in a sauté pan, squeeze a little juice on each, and sprinkle with pepper and salt, pour in two tablespoonfuls of water, cover with some buttered paper, and place them in a moderately hot oven for ten or twelve minutes till cooked. If the mushrooms be raw, peel, wash, and cut them across into three or four slices. Melt a quarter of an ounce of butter in a pan, put in the mushrooms with some pepper, salt, and lemon juice, cover and shake them about on the stove until cooked. If preserved ones be used, cut and warm them in some of their liquor. Place the fillets in a circle on a dish, put the mushrooms in the centre, ladle the white sauce over the fillets and serve.

The sauce should be made with one ounce of butter, one ounce of flour, one and a half gills of liquor, made from the bones and skins of the fish, add cream or milk to whiten the sauce and to mix it to the right consistency.

### Fillets of Sole à la Florentine

2 soles (1 lb.).	1 gill of milk.
1½ lbs. of spinach.	1 gill of fish liquor.
1 tablespoonful of grated Parmesan cheese.	Flavourings as for Béchamel sauce.
2 tablespoonfuls of cream.	Paprika pepper.
1 oz. of butter.	Salt and pepper.
1 oz. of flour.	Lemon juice.

Skin and fillet the soles, fold each over, the skin side inwards, place on a deep tin, sprinkle over each a little lemon juice, pepper, and salt, add a tablespoonful of water, cover over with buttered paper, and cook for eight or ten minutes according to size. Put the bones and skins from the fish with half a pint of water, half an onion, herbs, and spice as for Béchamel sauce, cook for twenty minutes and strain. Make a white sauce with one ounce of the butter, flour, fish liquor, and milk, add a tablespoonful of cream, and seasonings to taste.

Cook the spinach (p. 260), mix in the cream, and lay it on a fireproof gratin dish, on this arrange the fillets of soles, sprinkle over them some of the cheese, cover the whole with the sauce, sprinkle over the remainder of the cheese, then a few bread crumbs, and lay the half ounce of butter in pieces on the top. Bake in a hot oven for eight or ten minutes so as to brown the top.

### Fillets of Soles à la Victoria

2 soles.	1 small lobster.
1 medium-sized whiting.	12 button mushrooms.
2 ozs. of crumb of bread.	2 or 3 truffles.
¼ gill of milk.	Lemon juice.
1 egg.	½ pint of Allemande Sauce
Pepper and salt.	(p. 232).

Choose soles weighing half a pound each; wash, skin, and fillet them. Stew the bones and skins for liquor for the sauce. Boil the milk, cut the bread into small pieces, add to the milk, stir well over the fire until it is quite

thick, let it get cold. Wash, skin, and bone the whiting, pound the flesh in a mortar, well mix in the panada (the cooked bread and milk), egg, a little grated nutmeg, pepper, and salt. Pass all through a wire sieve. Spread about half of this mixture in equal portions on the side of the fillets from which the skin was taken, fold the fillet over the whiting mixture, and place in a deep tin. Sprinkle over each a little lemon juice, pepper, and salt, pour two or three tablespoonfuls of fish stock into the tin, cover the fish with a buttered paper, and steam in the oven for twelve or fifteen minutes. Place the remainder of the whiting mixture on a dish in a flat round piece sufficiently large on which to arrange the fillets. Place some greased paper over, stand the dish in a moderately hot oven to cook the forcemeat.

Trim the fillets and arrange them on the forcemeat, the thin ends pointing to the centre. Place the following mixture in the centre, and ladle the sauce over the fillets. Mixture for centre: skin, stalk, and wash the mushrooms, cut each into two or three pieces. Cook them for five minutes in a small knob of butter, half a teaspoonful of lemon juice, pepper, and salt; then drain. Shell the lobster and cut into inch squares. Cut the truffles into slices; warm all and use.

### Sole au Gratin

1 sole.  
1 oz. of butter.  
1 oz. of flour.  
1½ gills of strong stock.  
1 chopped shallot.  
1 tablespoonful of chopped mushrooms.

1 teaspoonful of chopped parsley.  
1 teaspoonful of anchovy essence.  
1 tablespoonful of bread crumbs.  
2 tablespoonfuls of white wine.  
Cayenne.  
Salt and pepper.

Wash and trim the sole, lay it on a buttered gratin dish, pour the wine over or a teaspoonful of lemon juice. Fry the shallot and flour with the butter until of a brown colour, add the stock and stir until it boils, take it off the fire, add the seasonings and mushrooms. Cover the sole with the sauce, sprinkle the parsley over, then the bread crumbs, place small pieces of butter on the top, and bake it in rather a hot oven to a brown colour; time required, from twenty to thirty minutes.

## Sole à la Colbert

Sole.	Milk.
Maitre d'Hôtel butter (p. 246).	Flour.

Take a sole about three-quarters of a pound by weight, wash and skin it, cut off the fins and tail. Cut down on the backbone and raise the fillets from the bone without cutting through the ends at the head or tail, break the backbone about an inch from the head and from the tail. Dry the fish, brush over with a little milk, and dredge with flour. Fry it for four or five minutes in some very hot fat, then drain it well, lay it on a hot dish and pull out the backbone without breaking the fish, place some Maître d'Hôtel butter in the cavity and serve.

## Fillets of Turbot à la Vénitienne

1 to 1½ lbs. of thick part of turbot.	Lemon juice.
¼ oz. of butter.	Pepper and salt.
	Vénitienne sauce (p. 239).

Fillet the turbot, and cut the fillets into pieces slantways as nearly as possible of the same size. Lay the pieces in a sauté-pan or a deep tin, sprinkle pepper, salt, and lemon juice over each piece, cover with buttered paper; put a tablespoonful of water into the tin and place in a moderately hot oven to steam for about fifteen minutes. Take the skin off the fish and dish it up in a circle. Pour the liquor from the tin into half a pint of Vénitienne sauce that has been made with the liquor, from the fish-bones and fins, milk, and a little cream. Cover the fillets with the sauce and serve.

## Oyster Soufflé

12 oysters.	2 or 3 tablespoonfuls of cream.
1 large whiting.	2 yolks and 3 whites of eggs.
1 oz. of butter.	Salt, pepper, and cayenne.
1½ ozs. of flour.	Anchovy essence.
1 gill of oyster liquor and milk.	

Put the oysters with their liquor into a saucepan and warm through, but do not boil; strain and beard them. Melt the butter in a saucepan, add the flour and stir on the stove for a minute or two, add the oyster liquor and milk, then stir over the fire until it boils, turn it out to get cold.

Fillet and skin the whiting, pound the fillets well in a mortar, add the above mixture and the yolks of eggs. Pass it through a wire sieve, then put it into a basin, add about a dessertspoonful of anchovy essence and the other seasonings, mix thoroughly; add the cream and stir in the whites of eggs that have been whipped up stiffly. Test a small quantity to ascertain if the consistency and seasonings are correct. To do this, roll a small portion in a little flour and put it into a saucepan containing some boiling water. Let it stand in the water for five minutes, then taste; if too stiff add a little more cream or milk. Cut the oysters, if large, into two or three pieces, and stir lightly into the mixture. Put it into a well-buttered mould, cover with buttered paper, and steam for three-quarters of an hour. Turn out on to a hot dish and pour over it the following sauce:—

#### *Sauce for Soufflé*

1 oz. of butter.  
1 oz. of flour.  
1 gill of fish liquor.  
1 gill of milk.

Cream.  
Pepper and salt.  
Lemon juice.

Melt the butter, cook the flour in it for two minutes, but do not let it colour. Add the fish liquor (made from the bones, skin of whittings, and oyster beards) and the milk. Stir over the fire until it boils, then add the cream, seasonings, and lastly the lemon juice. The sauce must not boil after the lemon juice has been added, as it will curdle.

#### **Oyster Cromeskys**

1½ dozen of oysters.  
1 small whiting.  
2 ozs. of flour.  
2 ozs. of butter.  
Anchovy essence.  
2 yolks of eggs.  
1½ gills of fish liquor.

2 tablespoonfuls of cream.  
Cayenne.  
Lemon juice.  
Frying batter (p. 343).  
Caul.  
Frying fat.

Steam the whiting and free it from bones and skin, pass the fish through a wire sieve. Put the oysters with the liquor into a stewpan and shake them about over the stove until they are thoroughly warmed, but do not let them boil. Drain the liquor and reserve for the sauce. Beard the oysters, and if large cut them into two pieces.

Put the beards with the bones from the whiting in a saucepan with a little cold water and a pinch of salt, let it simmer for twenty minutes, then strain it. Melt the butter in a stewpan, add the flour, and stir it over the stove for two minutes without letting it colour. Measure the oyster essence and make up the quantity with the whiting liquor, mix with the flour and butter, stir it over the fire until it boils, add the yolks of eggs and stir briskly, then pour in the cream. Take the sauce off the fire and mix in the whiting purée, add the lemon juice, a little anchovy essence, the cayenne, pepper, and salt to taste; then mix in the oysters, and leave it to get quite cold. Dip the caul into some warm water, and, if very fat, flatten with a chopper. Cut it into pieces about four inches square, place a spoonful of the oyster mixture upon each, and fold the caul over to entirely cover it. Dip two or three, at the time, into some frying batter, and fry them in some hot fat until of a brown colour; drain, and dish them up in a pile on a serviette, garnish with fried parsley and cut lemon.

### Lobster Croleskys

1 medium-sized lobster.  
Lobster spawn.  
2 ozs. of butter.  
2 ozs. of flour.  
2 yolks of eggs.  
Pepper and salt.  
Shallot.

1 gill of lobster liquor.  
 $\frac{1}{2}$  gill of milk.  
2 or 3 tablespoonfuls of cream.  
Anchovy essence.  
Lemon juice.  
Cayenne.

Take all the meat out of the lobster, if any coral be in it, reserve it with the feet for garnishing. Wash the pieces of shell, put into a stewpan with a cut shallot and a little salt, stew for thirty minutes, and use for the sauce. Make a stiff sauce as for Oyster Croleskys, using the lobster liquor, milk, and the spawn which must have been passed through a hair sieve with a little butter. Stir over the fire until the sauce reddens, then add the yolks. Finish similar to Oyster Croleskys; when drained from the fat, sprinkle them with the chopped coral. Dish them on a serviette or lace paper, and garnish round with the fried parsley and the feet from the lobster.

If there be no coral, panurette may be sprinkled over them.

## Lobster Soufflés

- |  |                                    |
|--|------------------------------------|
| 1 lobster (8 ozs. lobster with-<br>out shell). | Spawn.                             |
| 1 oz. of butter.                               | 2 yolks and 3 whites of eggs.      |
| 2 ozs. of flour.                               | 2 tablespoonfuls of cream.         |
| 1 gill of lobster essence.                     | Cayenne, and lemon juice.          |
| Anchovy essence.                               | Salt.                              |
|  | $\frac{1}{2}$ pint of white sauce. |

Make a panada with butter, flour, and lobster liquor (the latter should be made from the lobster shell and legs), and let it get cold. Pound the lobster well, add the panada, the yolks, and a little anchovy essence, then pass it all through a wire sieve. Put it into a basin, mix in the salt, cayenne, cream, and a little lemon juice, lastly, the whites of eggs whipped stiffly. Test a little, then put it into some well-buttered moulds and steam for half an hour. Turn them out and pour the sauce over. Make the white sauce with some fish or lobster liquor. Pass the spawn through a hair sieve with a little butter, stir it into the hot sauce until it turns a bright-red colour, and use. The soufflé can be cooked in one mould if preferred, and steamed for one hour and a quarter.

## Lobster Cutlets

- |  |                                 |
|--|---------------------------------|
| 1 medium-sized lobster or a<br>tin of lobster. | 2 or 3 tablespoonfuls of cream. |
| 1 $\frac{1}{2}$ ozs. of butter.                | 2 yolks of eggs.                |
| 2 ozs. of flour.                               | Cayenne, pepper, and salt.      |
| 1 gill of lobster liquor.                      | Lobster spawn.                  |
| $\frac{1}{2}$ gill of milk.                    | Egg and bread crumbs.           |

Separate all the fish from the shell of the lobster, break the latter small and put into a saucepan with the legs, cover with cold water, add a little salt, a small onion, and some parsley. Stew it gently for half an hour, then strain it. Cut the lobster into small dice. Melt the butter in a saucepan, add the flour and stir over the fire for two minutes without allowing it to colour; then take it off the fire, pour in the liquor from the shell and the milk, stirring it smoothly. Stir over the fire until it boils and thickens, now drop in the yolks and the spawn which has been passed through a sieve, and stir briskly for two minutes; then take it off the fire, add the cream and the seasonings to taste. Mix in the lobster and turn it out on to a dish

to get cold. Divide it into equal portions and press them, with two knives, into cutlet shapes, using some bread crumbs to prevent them from sticking to the knives. Brush them all over well with beaten egg and cover them with bread crumbs. Shake any loose crumbs off, and fry them till of a golden colour in some very hot frying fat. Drain them, and stick some stalks of parsley or the legs of the lobster into the thin ends to represent the bones. Dish them up in a circle on a serviette or paper, and garnish with fried parsley. A good white sauce may be served separately in a sauce-boat.

If a tinned lobster be used, more milk will be required to make the mixture.

### Scallops of Lobster

Small lobster and spawn.  
 1½ ozs. of butter.  
 1 oz. of flour.  
 1 gill of lobster liquor.  
 ½ gill of milk.  
 1 tablespoonful of cream.

1 yolk of egg.  
 Anchovy essence.  
 Cayenne and salt.  
 Mace.  
 Panurette.

Make a sauce with one ounce of butter, the flour, and the liquor made from the lobster shell, and milk; while boiling add the yolk, and spawn that has been passed through a sieve; take it off the fire, add the cream, anchovy, and seasonings. Cut the meat from the lobster into large dice, stir it gently in the sauce. Butter some scallop shells, fill with the lobster, sprinkle panurette or fried crumbs over, and place pieces of butter on the tops and place in a hot oven for eight or ten minutes; dish them up on a serviette and garnish round with parsley.

### Cannelons of Lobster

1 medium-sized lobster.  
 1 oz. of butter.  
 1 oz. of flour.  
 Lobster spawn.  
 1 tablespoonful of cream.  
 1 oz. of Parmesan or Gruyère cheese.

Salt and pepper.  
 Paprika pepper.  
 Lemon juice.  
 Egg and bread crumbs.  
 ½ quantity of pancake mixture  
 No. II. (p. 342).

Mix the batter for pancakes adding a little extra salt and some paprika pepper. Wash and break the shell of the lobster, pick out all the fish, place the shell and feet

in a stewpan, cover with cold water, add a little salt and a piece of onion, let it stew for half an hour, strain and use for the liquor. Melt the butter, add the flour, stir over the fire without colouring for two minutes, mix in the liquor and stir until it boils. Pass the spawn through a hair sieve with a little butter, add to the sauce, stir over the fire until it turns red, take it off the fire, add the cream, salt, pepper, little lemon juice, and paprika pepper; it should be rather thick. Cut the lobster into small dice and mix with the sauce.

Stir the grated cheese into the pancake mixture, and fry some very thin pancakes very quickly, not colouring them too much. When they are cold, spread a layer of the lobster mixture over each, leaving it nearly half an inch in thickness; roll up without squeezing them. Cut the ends straight; should the rolls be rather long, cut each into two. Brush them over with beaten egg, especially the ends, roll in bread crumbs, fry them till of a delicate colour, drain, and sprinkle over the tops some lobster coral or red pepper. If preferred, after egging, they can be covered with panurette. Dish them up on a serviette or lace paper, and garnish with fried parsley and cut lemon.

If wished, a sauce, similar to that made for the lobster only thinner, can be served in a sauce boat.

### Croustads of Lobster

1 medium-sized lobster.

1 oz. of butter.

1 oz. of flour.

1½ gills of lobster liquor.

3 tablespoonfuls of cream.

1 teaspoonful of anchovy essence.

½ teaspoonful of lemon juice.

Salt and cayenne.

Lobster spawn.

Petits choux paste (p. 241).

Prepare half the quantity of petits choux, put it into a bag with a plain pipe, and squeeze some small portions on to a greased baking sheet, about three inches apart. Press the centres down flat with a finger dipped in white of egg, they should then be about the size of a crown piece but one inch in thickness. Brush them all over with egg and bake them in a moderate oven, keeping them from getting a dark colour. Time about half an hour. When cold, cut small round pieces from the tops. Make a sauce as for Lobster Sauce (p. 236). Cut the lobster into pieces about half an inch square and thoroughly warm

in the sauce. Warm the cases, fill them with the mixture, stick a small piece of the feet in each one, and lay the cover on. The covers can be brushed over, previously, with some white of egg and sprinkled with some chopped lobster coral; this improves the appearance. Coralline pepper can be used, or chopped parsley. Place the croustads on a hot dish on a serviette or paper, decorate with parsley.

### Lobster Mayonnaise

1 freshly-boiled lobster.  
2 gherkins.  
2 hard-boiled eggs.  
Lettuce.  
Endive.

1 teaspoonful of capers.  
1 gill of mayonnaise sauce.  
4 fillets of anchovies.  
Beetroot.  
Tarragon and chervil.

Wash and dry the lettuce and endive (or other salad plant preferred), break them into small pieces. Shell the lobster, cut the tail into slices and reserve for the top of the salad. Put about one tablespoonful of the mayonnaise sauce, that has been finished with a little cream and well seasoned, into a basin, add the salad, capers chopped a little, also the anchovies cut small, and the remainder of the lobster. Mix lightly and place rather high on a dish, the heart of the lettuce could be placed upright in the centre. Mask the pieces of lobster with the sauce, sprinkle chopped lobster coral, or if this be not available, paprika pepper over each piece, decorate each with tarragon and chervil. Arrange the pieces of lobster on the top of the salad. Cut the eggs into quarters, sprinkle each with the coral or red pepper, arrange the pieces round the dish, place some neat shaped pieces of beetroot between, also the gherkins cut into long slices, between or on the beetroot. Serve as cold as possible.

### Croustads of Curried Shrimps

6 ozs. of rice.  
2 ozs. of fat bacon.  
Water and salt.  
1 pint of shrimps.  
1 oz. of butter.  
1 large onion.

1 small apple.  
1 dessertspoonful of flour.  
1½ teaspoonfuls of curry powder.  
1 teaspoonful of chutney.  
Lemon juice and salt.  
1½ gills of stock.

Wash the rice and place it in a stewpan with the bacon cut into slices, add some salt and water to cover. Cook it

slowly until the rice is quite soft and rather dry ; more water may have to be added while it is cooking. Then take out the bacon, and press a layer of rice over the insides of some greased timbal moulds, about a third of an inch in thickness. Warm thoroughly in the oven, turn them carefully out of the moulds, then fill with the curry. For the curry, peel and slice the onion, and fry in the butter, keeping it a pale colour, add the apple chopped, the flour, curry, and chutney ; stir over the fire for one minute, then mix in the stock ; stir over the fire until it boils, then simmer slowly until the onion is quite soft ; press the curry through a wire sieve, turn it back into the stewpan, add a little lemon juice. Wash and pick the shrimps, place them in the curry on the corner of the stove for ten minutes, add a little salt, if necessary. Fill the croustads with the curry, and stick the head of a shrimp in the top of each croustad. Dish them up on a serviette or paper.

A tablespoonful of cream, added to the curry after the shrimps are heated, is a great improvement.

## Mayonnaise of Fish

Mixed salad.

2 soles.

2 hard-boiled eggs.

Tarragon and chervil.

1 gill of stiff mayonnaise sauce.

2 tablespoonfuls of cream.

Paprika pepper.

Aspic jelly.

Take soles each weighing half a pound, fillet, fold each over, place them on a tin, sprinkle over each fillet a little lemon juice, pepper, and salt, add a tablespoonful of water, cover the fish with buttered paper, steam in the oven for ten or fifteen minutes ; take them out and let them get quite cold. Mix the cream by degrees with some well-seasoned mayonnaise sauce, ladle some of this over each fillet ; it should be of the consistency to run smoothly over, but not off the fish. Decorate the top of each fillet with a leaf of chervil, some tarragon, cut into diamond shapes, then sprinkle some paprika pepper neatly at one end of the fillets. Well wash and dry some salad, break or cut it into small pieces, reserving the heart of a lettuce. Mix a small quantity in the remainder of the mayonnaise and lay on a dish, lay more salad on the top, arrange the fillets tastefully on the salad, placing the heart of the lettuce in the

centre. Cut each egg into quarters lengthways, sprinkle some red pepper over the white part and arrange round the salad, between the eggs place some pieces of tomato, cucumber, or beetroot, or some of each as taste dictates.

This dish can be decorated in a variety of ways and different kinds of cooked fish may be used.

The sauce may be coloured pink with lobster spawn or cochineal, or a pale green with spinach colouring.

### Fish Salad à la Suedoise

2 tablespoonfuls of peas.	$\frac{1}{2}$ pint of stiff aspic jelly.
1 carrot.	$\frac{1}{2}$ lb. of cooked fish as salmon,
1 turnip.	sole, or turbot.
Cucumber.	Gherkins.
Mayonnaise sauce.	Small cress.

Stamp out some thin round pieces, about the size of a sixpence, from the carrot and turnip, cook them in some salted water. Cook the peas, let the vegetables get quite cold. Cut the cucumber into thin slices, stamp these out all of one size, with a fluted cutter. Just melt the aspic jelly, pour a little into a mould, and run it all over, if this be placed on ice while preparing the salad it will set very quickly. Place a row of peas round the edge of the mould, then a row of the carrot and turnip, placing the colours alternately, then more peas, putting a slice of cucumber in the centre. Pour in a little jelly. Rows of peas, carrot, and turnip can now be placed round the side of the mould, tilting the mould on one side on the ice and pouring a little jelly over, to fasten them to the mould. A row of cucumber can be placed round the side near the top of the mould, also a row of sliced gherkin as a finish; pour a little jelly in the mould and run it gently all over so that there is nearly an inch of jelly, when nearly set sprinkle some paprika pepper over the jelly. Have about three tablespoonfuls of thick mayonnaise sauce well seasoned, add a little cream, then three tablespoonfuls of stiff aspic jelly, just liquid. Bone and skin the fish, break it into flakes, mix it gently in with the sauce and a sliced gherkin or a few chopped capers, form this mixture into the shape of the mould but smaller, put it in and gently pour in more jelly to fill in the sides, any peas or vegetable remaining

over could be now put in the mould on the fish, then fill to the top with jelly; let it remain on the ice for about one hour. Wash and dry the cress, sprinkle a little oil, vinegar, pepper, and salt over it, lay it on a dish, sprinkle over it some paprika pepper. Cut some narrow slits down the outside of some unpeeled cucumber, so that when it is cut into thin slices it has a spiked edge with tiny pieces of green peel on it. Place a border of the cucumber round the cress. Turn the jelly out and stand it in the centre of the cress. Serve as a fish course for supper or luncheon.

### Mousse des Crevettes à la Moscovite

1 dozen prawns.	Tarragon and chervil.
2 or 3 gills of aspic jelly.	1 tablespoonful of mayonnaise
4 or 5 tablespoonfuls of cold	sauce.
cooked salmon, turbot, or	Pepper and salt.
sole.	Coral or red pepper.

Take seven small plain timbal moulds, pour a little liquid jelly into each, and run it round the sides; decorate the bottoms with a little chervil and tarragon cut into neat shapes, add a little more jelly to each; when nearly set, sprinkle some chopped lobster coral; if this is not available, a little paprika pepper. In a few minutes pour in a little more jelly; these are prepared more quickly if the moulds are standing on ice. Pick a large prawn, one for each, and lay in the mould, well cover with jelly, there should now be about one and a half to two inches of jelly in the moulds. Decorate the sides of the moulds with tarragon and chervil, picking the pieces up with a skewer and dipping into jelly before pressing them against the sides. Well pound the fish, and mix it with some mayonnaise and one tablespoonful of aspic, add more seasoning if necessary, form into cork-shaped portions one for each mould, lay them in the moulds and fill up with aspic; the latter should be about half an inch all round the puree. When they are quite set turn them out, and place on a dish, on top of a layer of mustard and cress, place half a lemon in the centre, cover a little cress over it, and stick the remaining prawns into the lemon as garnish. Serve for a fish course or supper dish.

## Dressed Crab

1 medium-sized crab.  
1 oz. of bread crumbs.  
2 ozs. of butter or  
2 tablespoonfuls of salad oil.

1 tablespoonful of plain, tarra-  
gon, and Chili vinegars mixed.  
Salt and pepper.  
1 teaspoonful of chopped parsley.  
1 hard-boiled egg.

If the crab is alive, plunge it into a saucepan of fast boiling water and boil it from twenty to thirty minutes according to size. Remove the claws and legs, pull off the top part of the shell, remove the gills (the gray coloured portion), and the small bag near the head, scoop out all the soft part. Break off the top part of the shell, clean, and reserve it. Add the bread crumbs to the crab, also the vinegars, pepper, salt, butter or salad oil, chop the white of the egg and mix with it; place the mixture in the shell. Crack the claws and legs, remove the fish and tear it apart with two forks, arrange this at both ends of the shell on the mixture. Pass the yolks of the egg through a coarse sieve, and place in the centre of the shell between the white portions of crab. Blanch the parsley, squeeze it in a cloth and arrange it in two straight lines across the crab. If there be some coral in the crab it can be washed, dried, and chopped and sprinkled on the top of it, or a little red pepper can be sprinkled over. Dish the crab on some mustard and cress, or on a serviette with sprigs of parsley round.

## Boiled Mussels

2 quarts of mussels.  
Handful of oatmeal.  
Salt and pepper.

Vinegar.  
Boiling water.

Wash the mussels and lay them in a shallow pan, barely cover with cold water, add a little salt and the oatmeal, leave them for three or four hours; strain off the water and leave for three or four hours; repeat this for two or three days, leaving them without water all night. Have a large pan half full of boiling water on the fire, drain the mussels and put them in, covering the pan for a few minutes until they open. Strain in a colander. If cooked too long they will be tough. Take out the mussels from the shells with a knife, pulling off the weedy part from under the tongue; sprinkle over them pepper, salt, and vinegar.

## CHAPTER VI

### NOTES ON MEAT, POULTRY AND GAME

SOON after an animal has been killed, rigor mortis sets in, which lasts for a varying number of days. During this period, meat, if cooked, is usually very tough, and not of such a good flavour ; it is customary to let it hang until this toughness passes off. During this stage, an acid forms in the meat which acts upon the hardening matter, redissolves it, renders the meat tender and juicy, and also improves the flavour. For a similar reason, tough inferior meat for stewing is often soaked in a little vinegar before cooking. This aids in loosening the fibres of the meat.

During hot, close, muggy weather, meat often decomposes before these changes can be properly produced, unless special care be taken. Some butchers have cool chambers in which to keep the meat in very hot weather, otherwise it is often necessary to have tough meat in order to have it wholesome in the summer-time. If there be any suspicion of taint about the meat, a knife or skewer should be plunged in near the bone and left for a few seconds, then draw it out and smell, and if there be only a slight smell, take out the bone or wash the meat in vinegar and water, or in water with some permanganate of potash (Condy's Fluid). Raw meat should be hung up in the larder in a draught, and not left on a dish ; sprinkling with pepper in hot weather will prevent flies from settling on it.

*To Choose Beef.*—The lean should be of a rich red colour. If of a pale colour, then it has probably been from a poorly nourished animal, or diseased, while, on the other hand, if of a very dark colour, then the animal was not in good condition when killed, or died with the blood in it, *i.e.* not been slaughtered.

The fibres should not be coarse ; the flesh should be juicy, but not to exude moisture, otherwise it is not in good condition ; it should also be firm and springy to the touch. The consistency is a good test of its quality. The fat should be of a creamy colour ; when the animal has been fed upon oil cakes, the fat may be of a deep yellow colour. The best beef has quite a mottled appearance with fat, little odour, and that not unpleasant.

A full-grown animal is richer in extractives than a young animal. The extractives are the chief flavouring matters in meat, of no actual value as body-building food, but the sapid properties of extractives make the meat more stimulating, and thus they aid digestion. Beef teas and soup made from meat are rich in extractive matters. An ox from four to five years of age yields the fullest flavoured joints ; in older animals the fibres tend to get coarse and tough ; in young animals like the calf the flesh is immature, and not so rich in flavouring matters, for this reason sauces or rich gravies are served with veal.

*Veal* is not so easy to masticate or digest as beef, it is richer in gelatinous matters and water, thus it is not so nourishing, weight for weight, as beef. Veal must be quite fresh to be good ; it does not keep so long as beef, but quickly turns flabby and moist, with an unpleasant smell. The lean of veal should be of a pale pink colour and smooth, and the fat white and firm. If the flesh is very white, it denotes either that the animal was too young, or that it was bled before being killed.

*Mutton* is chosen similarly to beef, the flesh is slightly paler, the fat white and firmer and the fibres finer ; for the latter reason mutton is considered and usually found to be easier to digest than beef, though beef is more sustaining. The best-flavoured mutton is usually from a sheep about three years old. Southdown and Welsh mutton are considered choice.

*Lamb* has a delicate flavour, it is more watery than mutton, hence not so nutritious. Similarly to veal, it will not keep long.

Mint sauce is usually served with lamb to increase its flavour.

*Pork*.—The lean of pork should be of a pale pink colour

and smooth, the fibres fine, the fat white and firm, and the rind thin. The indigestibility of pork is usually ascribed to the large amount of fat and the close compact nature of the fibres. To be wholesome, pork must be quite fresh and well cooked. In curing, bacon becomes much easier to digest than pork.

*Beef* when salted loses some of its nutriment, the brine taking the place of some of the juice; there is less loss when it is salted by injection than the older method of salting. Salted meat makes a pleasant change, but, if frequently indulged in, should be accompanied by fresh green vegetables and fruit, to make up the deficiency of the natural saline juices of the meat, and any excess of ordinary salt.

The London method of cutting up the various animals is into the following portions, and the prices stated represent the average in the West End, the prices might be a little less in other localities.

No. 1 (see p. 115). *Leg of beef* is the lower portion near the foot, it is rather sinewy and has little flesh in proportion to bone; used for soups and beef-tea. If bought cut straight through meat and bone together, called stock meat, it costs  $6\frac{1}{2}d.$  per lb. The meat cut from the bone is sold as gravy beef at  $8d.$  per lb.

No. 2. *Round of beef*.—Sometimes cooked whole, then usually salted, spiced, and boiled. Weighs between 30 and 40 lbs. Cost  $8\frac{1}{2}d.$  per lb.

It is more usual for the round of beef to be cut into the three following joints:—

No. 2a. *Top side*, having practically no bone, it forms an economical roasting joint; it is more tender when eaten hot than when cold. Cost  $9\frac{1}{2}d.$  to  $10d.$  per lb. The piece of beef called goose skirt, cut from between the top side and rump, is very tender and suitable for frying. Cost  $10d.$  per lb.

No. 2b. *Silver side*, usually salted, prime joint for boiling; the leg bone is mostly sold with this joint. Cost  $8\frac{1}{2}d.$  to  $9d.$  per lb.

No. 2c. *Buttock*, cut into steaks for stewing, pies, or puddings. Cost from  $10d.$  to  $1s.$  per lb.

No. 3. *Aitchbone*, an awkward-looking joint with a large

amount of bone, tender and juicy, usually roasted, good for stewing, 6d. or 7d. per lb.

No. 4. *Rump*.—Mostly cut into steaks, prime part for grilling. The part cut from under the bone called fillet steaks. Cost 1s. 4d. per lb.

A piece cut from the top of the rump marked 4a makes an excellent roasting joint, easy to carve. Cost 1s. to 1s. 2d. per lb.

No. 5. *The Sirloin* includes seven to eight short bones, cut into three to six joints. The first cut next to the rump, called the chump, has a little more bone in proportion, a piece of the hip bone from the rump being left with this. It has a thick fillet underneath. Cost 10½d. to 11d. per lb. The next cut, called the middle, has also a thick fillet under. Cost 11d. to 11½d. per lb. The next, called the wing cut, has practically no fillet under. Cost 10½d. to 11d. per lb.

A thick slice from the middle of the sirloin, grilled, is called a porterhouse steak.

No. 6. *Fore-ribs* include about five rib bones, usually cut into three portions. The wing rib is the cut next to the sirloin, usually in great request; it has less on the thin end than the other ribs, consequently nearly the whole of the weight is the prime cut. Cost 11d. per lb., the other pieces 10½d. to 11d. per lb. These with the sirloins form the prime roasting joints. It is usual to serve grated horseradish or horseradish sauce with these joints.

The ribs, with the exception of the wing rib, are sometimes boned and rolled for roasting.

No. 7. *Middle ribs* include four rib bones, slightly inferior to the fore-ribs. Cost 9d. to 9½d. per lb. It is usual to cut the middle ribs, as marked on diagram, into three portions:—called back ribs (the chine end) not so good as the next cut, cost 8d. to 8½d.; the middle portion called the top ribs, a thick fleshy piece with much less bone, cost 10d. per lb.; these two are roasted; the other end, called thin top ribs or short bones, cost, according to thickness of meat on the bones, from 6½d. to 8½d. per lb.; this makes a good small roasting joint, or may be salted and boiled.

No. 8. *Chuck of beef* includes three thick rib bones,

suitable for cutting into steaks for stewing for pies and puddings. Cost 8*d.* to 9*d.* per lb. Sometimes in poor neighbourhoods it is cut with the bones into small roasting joints and sold at 6½*d.* per lb. Usually not very tender.

No. 8*a.* *Leg of mutton* piece, makes economical roasting joints, with very small bone and little fat. Fairly tender when eaten hot. Cost 8*d.* to 8½*d.* per lb.

No. 9. *Clod of beef*.—This is often boned and the gristle cut out, rolled and skewered and sold for roasting joints in poor localities, not often tender. Cost 6*d.* per lb. Best used for stewing.

No. 10. *Neck*.—Cut into cheap pieces for stews and soup. Cost 6*d.* to 7*d.* per lb.

No. 11. *Brisket*.—Mostly salted and boiled, or boned and spiced for cold pressed beef. Cost 6½*d.* to 7½*d.* per lb., with bone.

No. 12. *Thin flank*.—Salted and boiled, sometimes rolled and roasted, 5*d.* per lb.

No. 13. *Thick flank*, or veiny piece. Cut into roasting joints and steaks for frying. Cost, according to the end from which it is cut, 8½*d.* to 10*d.* per lb. The steaks are often sold as buttock at 1*s.* per lb.

No. 14. *Shin*.—Similar to the lowest portion of hind leg. Cost 6½*d.* per lb.

No. 15. *Ox cheek*.—A cheap part for soups and stews. Cost 4*d.* per lb. The half head is often sold for 2*s.* 6*d.*

*Ox palate*.—Stewed. Cost 4*d.* or 5*d.* each.

*Ox tongues*.—Pickled and boiled. Cost from 3*s.* 6*d.* to 6*s.* each.

*Ox sweetbreads*, very inferior to calf's breads, coarse and red, usually stewed. Cost about 1*s.* per pair.

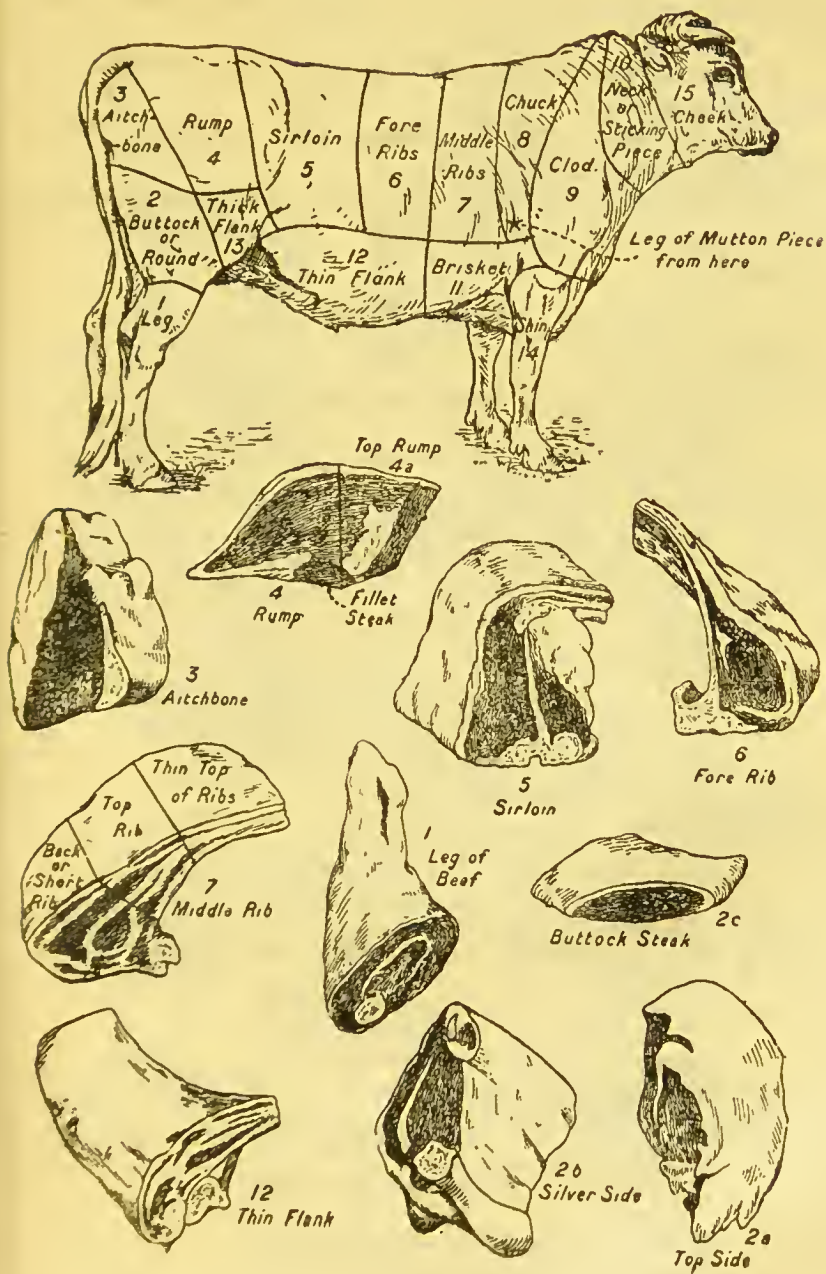
*Thin skirt*.—A loose, stringy-looking steak attached to the inside by the lower ribs. Good for frying and stewing. Sometimes stuffed, rolled, and roasted. Cost 10*d.* per lb.

*Ox tail*.—Cost 2*s.* to 3*s.* 6*d.* each. Used for soups and stews.

*Heart*.—Cost 4*d.* per lb. Usually roasted, rather coarse.

*Liver*.—Cost 5*d.* per lb. Usually cut into slices and fried, eats coarse.

*Ox kidneys*, 10*d.* per lb., chiefly for stewing. Makes good gravy in pies and puddings.



*Tripe*.—The lining of one of the stomachs of the ox. Partly dressed when sold retail ; 8*d.* per lb., stewed, popularly with milk and onions.

*Cow heel*, 7*d.* and 8*d.* each, stewed with sauces. Also used for soups.

*Melt*.—Mostly stewed, makes rich gravies. Can be fried. Cost 6*d.* each.

The accompanying sketches show the different method of cutting up an ox in Scotland. It is considered more economical.

## SCOTCH METHOD

	Average Weight. lbs.	Average Price. per lb. s. d.
14. Hough. Used for soups, the fleshy end for beef teas . . . . .	8 <i>d.</i> to	9
1. Huke and Huck. Used for stews, pies, and puddings . . . . .		0 11
2. Round. Top part a most economical roasting joint, also cut into cheap steaks for grilling, also for stewing. Part salted and boiled . . . . .	35—45	0 11
3. Rump. Usually sold whole and roasted, sometimes salted and boiled . . . . .		1 0
4. Henckbone, Hookbone, or Aitchbone. Part of the rump is left on this. Supplies the best steaks for grilling. The fillet cut and sold whole, for roasting or braising . . . . .		1 4
5. Sirloin. Prime roasting part . . . . .	15—20	1 1
6. Fine end. Prime roasting joint . . . . .	8—14	1 0
7. Fore Sye. Good roasting joint . . . . .	12—20	0 11
8. Back Ribs. Best used for stewing, sometimes cut into cheap roasting joints . . . . .	8 <i>d.</i> to	10
9. Neck. Used for stews, soup, and sausages . . . . .		0 5
10. Shoulder Lyre or Layer. Used for stews, also minced for collops. Sometimes cut into cheap roasting joints . . . . .		0 8
11. First Runner. Used for stewing ; sometimes salted and boiled . . . . .		0 8
12. Second Runner. Used the same as the first, salted and boiled . . . . .		0 8
13. Third Runner. Thick, used in a similar manner. Sometimes the three last named are only cut into two portions and sometimes left in one . . . . .		0 9



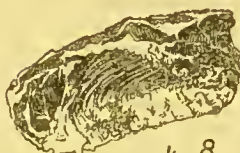
*Fine End*



*Henckbone or Aitchbone* 11



*Hough*



*Rib Back* 8



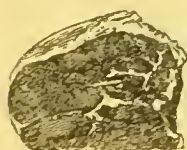
*Huke & Huck*



*Thick Runner* 13



*Brisket* 15



*Round* 2



*Sirloin* 5



*Nine Holes*

16



*First Runner*

11



*Thin Flank*

17

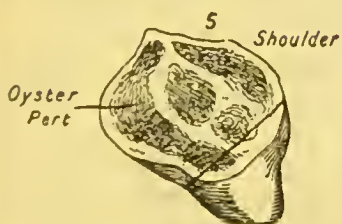
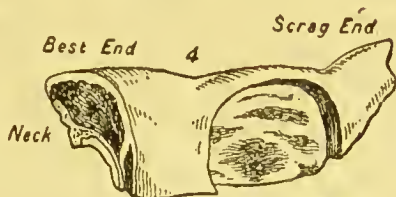
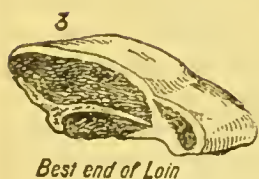
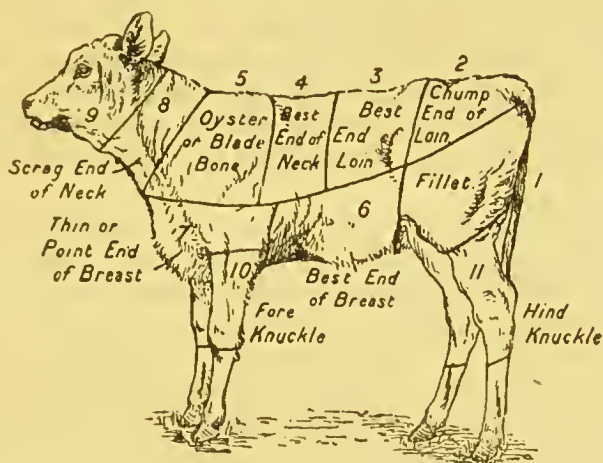
	Average Price, per lb. s. d.
14. Hough or Knap. Used for soups, fleshy end for beef tea. Knuckle end 5 <i>d.</i> per lb. . . . .	7 <i>d.</i> to 9
15. Brisket. Includes 6 bones. Used for boiling and stewing; sometimes salted and boiled . . . . .	7 <i>d.</i> to 8
16. Nine Holes. Cut from the sixth rib to the ninth. Used for stewing; also salted and boiled. It is thinner and has less fat than brisket . . . . .	0 8
17. Flank. Used for stewing; also salted and boiled . . . . .	0 9
18. Fleshy End or Pop's Eye. Economical, having no bone. Cut into roasting pieces, or steaks for stewing, pies, and puddings. Good part to mince for collops . . . . .	1 0
Rhodican or Tripe. In Scotland this is sold unblanched . . . . .	0 4
It requires soaking in salt and water, then scraping with a knife, and washing, or, if a piece of lime, about the size of a walnut to a gallon of water be used, this will cleanse it quickly. Then put it into a saucepan of cold water, allow it to boil. Take it out of the water, scrape, and wash well; it should then be quite white. It re- quires six to eight hours' gentle boiling	
Cow Heel or Ox foot . . . . .	6 <i>d.</i> to 8 <i>d.</i> each
The Pluck. This includes the liver, lights or lungs, spleen, heart, and some fatty skin. In many parts of Scotland this is not separated, but sold whole. It is used with a paunch (stomach) for Haggis. In large towns the parts can be bought separately and cooked in ways mentioned in the recipes.	1 <i>s.</i> 6 <i>d.</i> to 2 <i>s.</i> each

## Calf

No. 1. *Leg or fillet of veal*, mostly cut into slices for cutlets, fried or braised, or cut into thick pieces of about 3 or 4 lbs. for cushion or fricandeau of veal, then braised; from 1*s.* 2*d.* to 1*s.* 4*d.* per lb.

No. 2. *Loin*, mostly cut into two or three pieces, the

chump end having more bone, usually sold 1d. less per lb. than the other part. Roasted or braised.



No. 3. The best end, with kidney, often boned, stuffed, and roasted. Cost 10½d. to 11d. per lb.

No. 4. *Best end of neck*, cooked similarly to loin, or braised. If rather small sometimes cut into chops for frying. Cost 11d. to 1s. per lb.

*Middle cut of neck*, cost 9d. per lb. For stewing.

No. 5. *Shoulder of veal*.—Sometimes boned, stuffed, and roasted, or braised, or cut into two or more pieces. The piece from the middle, with a portion of the blade called oyster of veal, cost 10d. to 10½d. per lb. The whole shoulder 9d. per lb.

No. 6. *Best end of breast*.—Good for roasting or braising, also used for galantines. Cost 9½d. to 10d. per lb.

No. 7. *Thin end of breast*, good for stews. Cost 8d. per lb.

No. 8. *Scrag end of neck*.—Cheap part for stews or broth. Cost 6d. per lb.

No. 9. *Calf's head*, considered rather a choice dish, is often boiled and served with a sauce and boiled bacon, or it is boiled and finished in a variety of ways for entrées. Also used for making mock turtle soup. It can seldom be bought for less than 5s., and sometimes if veal is scarce it may cost 7s. 6d. to 8s. Half a head can be bought at a little more than half the price of the whole.

Nos. 10 and 11. *Knuckles* cost, according to size, from 5d. to 8d. per lb. The fore knuckle is usually more profitable having more meat on it. Mostly boiled with parsley sauce. Also used for making soups or broth.

*Calf's brains* may be bought separately, used for entrées stewed, fried, or au gratin; 6d. and 8d. per set. A set means the brains from one head.

*Calf's tongue*.—Boiled and finished in well-flavoured sauces. Cost 1s.; these and the brains are difficult to get separately, they are usually sold with the head.

*Calf's tail*.—For soup. Cost 6d. to 8d. each.

*Calf's sweetbreads*.—Rather expensive delicacies. Cost from 3s. 6d. to 7s. a pair. They are blanched in water, then braised or boiled, served with various sauces; or partly cooked, cut into cutlets and fried.

*Calf's liver*, cost 10d. to 1s. per lb. Braised whole, cut and fried with bacon, or used for various forcemeats.

*Calf's heart*, from 8d. to 1s. each. Stuffed and roasted.

*Calf's feet*, used for jellies, stewed with sauce, or for soups, 6d. to 9d. each.

## Sheep

The joints cut from the sheep are—

No. 1. *The leg*.—Prime roasting joint, also boiled and braised. Cost from 10d. to 11d. per lb.

No. 1a. Hindquarter is a leg and loin in one joint, for roasting. Cost 10d. per lb.

Haunch of mutton is the leg cut, with a portion of chump end of loin left on. Cost 10½d. per lb. Roasted.

No. 2. *Loin of mutton*, usually roasted. Cost 10½d. to 11d. per lb. The best end cut into chops for grilling, trimmed. Cost 1s. 2d. to 1s. 4d. per lb.

No. 3. *Saddle of mutton* is the two loins not separated ; always roasted. Cost 10d. to 11d. per lb.

It is usual to serve red currant jelly with this joint, also with the haunch and hindquarter.

*Chump end*, from about 2 lbs., contains rather a large bone ; roasted or stewed. Cost 8½d. per lb.

No. 4. *Neck of mutton*, roasted, boiled, or braised. The whole neck 8½d. to 9d. per lb. The best end for cutlets cooked in various ways. Cost 10½d. or 11d. per lb. Cutlets cut and trimmed, 1s. 4d. per lb. The other end, without the scrag, suitable for stews and broth, 7½d. to 8d. per lb.

*Scrag end*, for stews or broth. Cost 6½d. per lb.

No. 5. *Breast of mutton*, cheap joint for roasting, or for stews, 5d. to 6d. per lb.

No. 6. *Shoulder of mutton*, usually roasted, sometimes boiled or braised.

Onion sauce is the accompaniment for roast shoulder of mutton. Onion or caper sauce is usually served with any joint of boiled mutton.

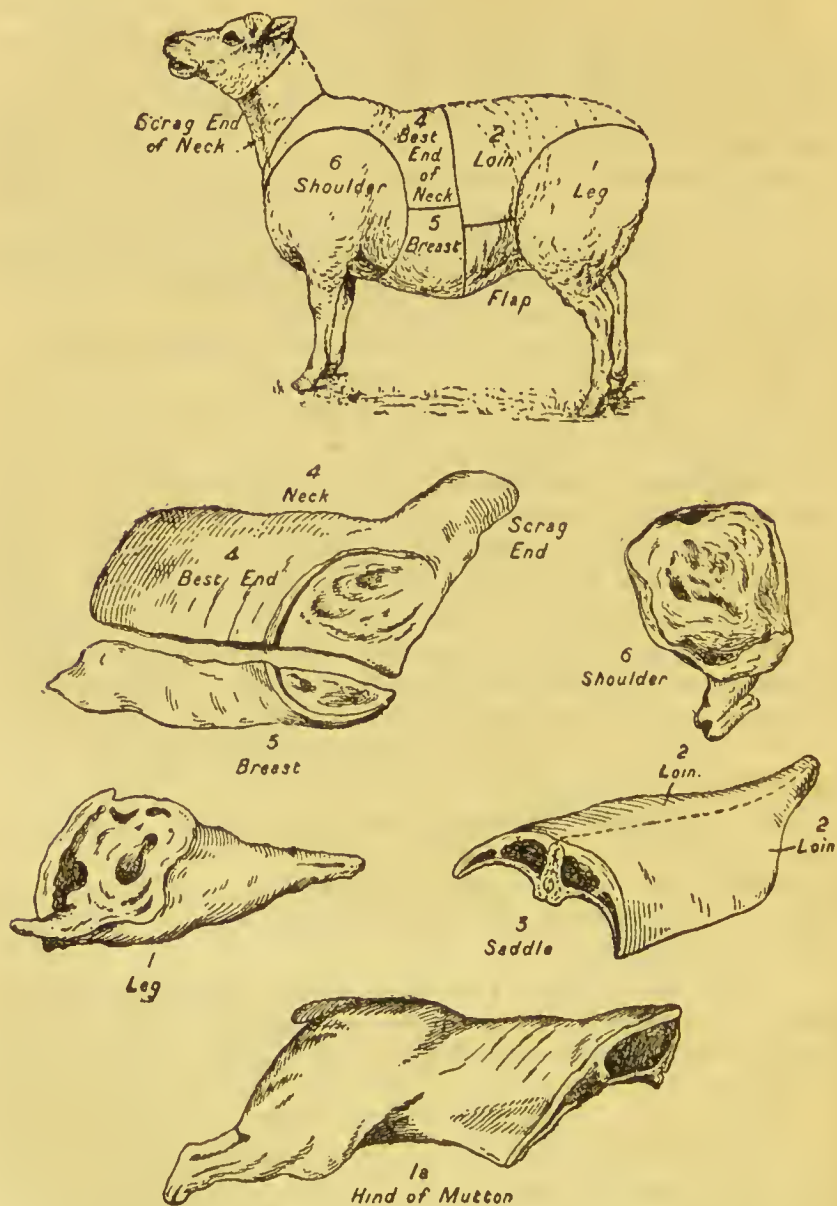
*Sheep's head* makes excellent broth, sometimes served boiled and boned, with brain or parsley sauce ; also partly boiled, boned, and finished by baking. Cost 8d. to 10d. each.

*Sheep's tongue*, from 2½d. to 5d. each, boiled and braised.

*Sheep's brains*, used stewed, fried, and for sauce. Cost from 2d. to 4d. per set.

*Sheep's sweetbreads* are often sold as lamb's, at 2s. per lb. ; they are not so delicate, are harder and redder than lamb's breads.

*Sheep's kidneys* cost from  $3\frac{1}{2}d.$  to  $5d.$  each. Fried, grilled, or stewed.



*Sheep's heart*,  $3d.$  to  $5d.$  each. Usually stuffed and roasted.

*Sheep's liver*.—Mostly sliced and fried with fat bacon, served with a thick gravy. Cost 8*d.* per lb.

*Sheep's feet*.—Stewed and served with thick sauce. Cost 6*d.* each.

The pancreas, which is sometimes sold as sweetbread, can be bought with the melt and skirt at 3*d.* to 6*d.* the set. Usually fried or baked.

## Lamb

Lamb is cut into two hindquarters and two fore-quarters, and roasted. Cost, former 1*s.* per lb., the latter 11*d.*

The hind-quarter also divided into leg and loin, usually roasted. The former costs 1*s.* 2*d.* per lb., the latter 1*s.* 1*d.* per lb. The loin is sometimes cut into chops.

*The forequarter* is cut into shoulder, neck, and breast, or shoulder and target; the latter is the neck and breast in one piece. Cost of shoulder 1*s.* 1*d.* per lb., neck 1*s.* 2*d.* per lb., breast 9*d.* per lb., or target 10*d.* per lb. These joints are roasted, braised, or stewed.

Mint sauce is the usual accompaniment to roast lamb.

The best end of the neck is also cut into cutlets, and cooked in various ways. Cost 1*s.* 4*d.* per lb.

*Lamb's sweetbreads*, considered choice morsels; sold by the pound, not under 2*s.* per lb. They are blanched in water, then finished in a variety of ways

*The head and viscera*.—Cooked similarly to sheep's.

## Pig

1. *Leg*, a choice roasting joint, also boiled. Cost 9*d.* to 10*d.* per lb.

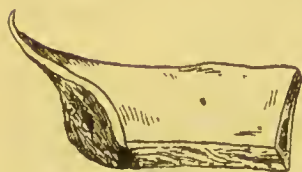
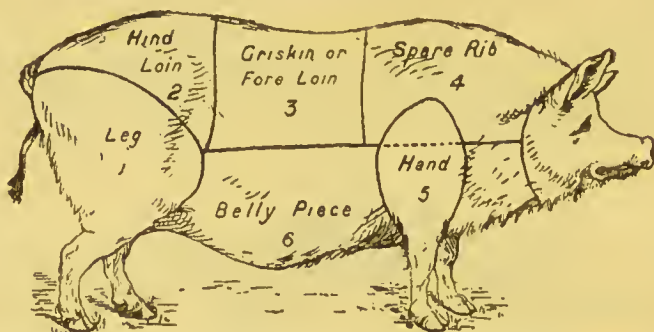
2. *Loin*, with kidney, roasted, or cut into chops for grilling. Cost 10½*d.* to 1*s.* per lb.

3. *Griskin or fore loin*, 9*d.* to 10*d.* per lb. Roasted or used for chops.

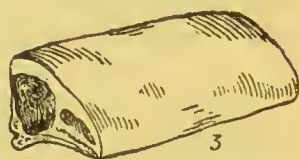
These joints of pork are often stuffed with sage and onions. It is usual to serve apple sauce with roast pork.

4. *Spare rib*.—Roasted or cut up for pies and sausages; 7*d.* to 8*d.* per lb.

5. *Hand of pork*.—Usually boiled, but can be roasted ;  $7\frac{1}{2}d.$  per lb.



2  
*Hind Loin*



3  
*Griskin or  
Fore Loin*



6  
*Belly Piece*



4  
*Spare Rib*



5  
*Hand*



1  
*Leg*

6. *Spring or belly*.—Usually boiled, or cut up and stewed with rabbit ;  $7\frac{1}{2}d.$  to  $9d.$  per lb.

*Pig's head*.—Boiled, or used for brawn;  $3\frac{1}{2}d.$  to  $4d.$  per lb.

Pork is salted for boiling.

*Pig's fry* includes the viscera of the pig, as heart, liver, crow, and sometimes the lights. Makes a very savoury dish, either baked or fried;  $6d.$  per lb.

*Liver*, sold separately at  $7d.$  per lb.

*Pig's feet*.—Boiled;  $2d.$  or  $3d.$  each.

## Bacon and Ham

Pork salted and cured is called bacon, and in this state is much easier to digest than when fresh. The fat is especially easy to digest, it can be given to invalids and children. Bacon supplies very tasty and most popular dishes for breakfast.

The best bacon has a thin smooth rind, the lean a pinky colour, if dark red it will be hard, it should be firmly attached to the bone. The fat should be firm, and white, with no yellow streaks in it. It should not have a strong smell. To test the thick parts, as gammon or hock, stick in a skewer or knife, draw out and smell. It should come free from flesh, and not have an unpleasant smell.

In hot weather often more salt is used in the curing of bacon to keep it in good condition.

The hind legs cut off and cured separately form hams.

The cheek portions from the head are often salted and cured, and are called chaps. Bath chaps are famous.

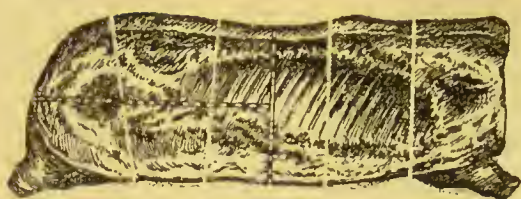
The price of bacon fluctuates slightly, is usually dearer in the summer than winter. The price of all bacon has risen of late, therefore it is difficult to give the exact cost.

The following are the normal prices. From  $2d.$  to  $3d.$  per pound may often have to be added.

Wiltshire and Denny's bacon usually command the highest prices.

Bacon is sold in sides, half sides, and portions as follows :

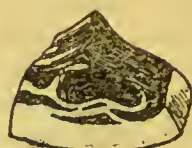
No. I.—The gammon, weighs about 8 to 10 lbs.	Normal price.		
	s.	d.	s. d.
Prime boiling part, whole . . . . .		$8\frac{1}{2}$ to	$9\frac{1}{2}$
Half knuckle end, prime boiling part . . . . .		$8\frac{1}{2}$ „	$9\frac{1}{2}$
Best half for boiling or frying . . . . .	I	0 „	I 2



*Full Cut about  
Gammon 13lbs*

*Middle about  
30lbs*

*Fore End  
about 16lbs*



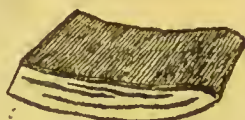
*Top End 1½ to 3lbs*



*Boneless Back 4 to 7lbs*



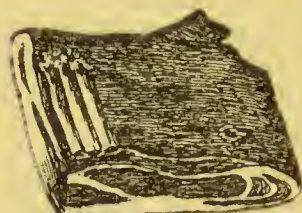
*Flank 2 to 5lbs*



*Thin Streaky 2 to 4lbs*



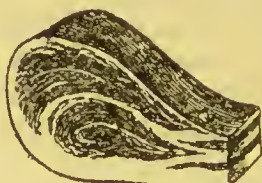
*Gammon 8 to 10lbs*



*Hock 5 to 10lbs*



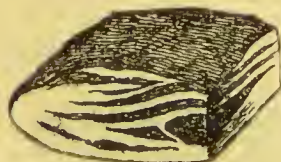
*Corner 2½ to 6lbs*



*Middle Cut Gammon 4 to 7lbs*



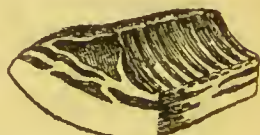
*Long Loin 1½ to 3lbs*



*Collar 2 to 8lbs*



*Prime Streaky 6 to 12lbs*



*Back Ribs 5 to 9lbs*

		Normal price.			
		s.	d.	s.	d.
No. II.—Middle cut of gammon, sliced and fried, very choice . . . . .		1	2	to 1	3
No. III.—Collar, best used for boiling . . . .		0	9	„	0 10
No. IV.—Corner of gammon, usually boiled, has a large portion of fat at thin end . . . .		1	0	„	1 1
No. V.—Hock, for boiling . . . . .		0	6	„	0 6½
No. VI.—Flank, for boiling, or cutting up for stuffings, etc. . . . .		0	6½	„	0 7
No. VII.—Prime streaky, choice portion for frying . . . . .		0	1	„	1 0
No. VIII.—Boneless back, choice portion for frying . . . . .		1	0	„	1 1
No. IX.—Back ribs, good portion for frying .		0	11	„	1 0
No. X.—Thin streaky, used for frying or boiling		0	8	„	0 9½
No. XI.—Top end, used for frying, sometimes boiled . . . . .		0	8½	„	0 9½
No. XII.—Long loin, used for trying or boiling, it has a bone passing across the centre. It also has the flavour of ham. Good to use in preparing dishes where ham is required		0	9	„	0 11
Bath chaps, boiled . . . . .		0	6½	„	0 7
Bacon has a much better flavour if it be grilled instead of fried.					

## Poultry and Game

Poultry turns bad quicker than game ; it should only be kept long enough to get tender—if at all high, the flavour is spoilt. The time it keeps depends largely on atmospheric conditions ; in very cold dry weather, poultry may keep for a week, but in warm weather, only for two or three days, unless kept in cold storage. Turkeys, fowls, geese, and ducks should be plucked directly they are killed, while the body is warm, in which case it will be found very much easier to do. Most of the fowls trussed in shops have the breastbone broken. This may make the bird look broader, and more showy for sale, but if it is not broken the breast can be more easily carved in slices without breaking, and the bird may still be trussed to have a nice plump appearance.

It is usual to choose dark-legged fowls for roasting, and white-legged ones for boiling. If young, the claws are supple, have scarcely any scales, the comb is bright-coloured, the legs are smooth, and the spurs in the cock bird short. The breastbone is soft, and bends easily. In spring chickens

the legs are very large in proportion to the body. Very fat fowls are not, as a rule, of such a fine flavour ; as much of the fat as possible should be removed before cooking.

Many frozen chickens are imported from America and Russia, and though good, are never so nice as home-fed birds.

Poultry requires to be well cooked. A large fowl will take from 1 to  $1\frac{1}{4}$  hours to roast, a medium-sized one from 35 to 45 minutes, and a spring chicken from 20 to 30 minutes ; they should be frequently basted to keep them moist. For boiling, it is usual to allow 20 minutes to each pound, and 20 minutes over.

Old fowls should be used for broth ; if not very old, they may be stewed from 2 to 3 hours.

Rolls of bacon are served as a garnish to roast fowl. Watercress is often bunched at one end of the dish. Bread sauce, good gravy, chip potatoes, and salad are also served along with roast fowl.

Boiled fowl is served with a variety of sauces, the most usual are Béchamel, white, egg, or parsley sauces.

Turkeys should be full breasted, with legs firm and smooth, wattles a brilliant colour, claws supple, and a short brush, if any. To roast a young turkey will take  $1\frac{1}{4}$  hours, a medium-sized one 2 hours, and a large one  $2\frac{1}{2}$  to 3 hours.

Turkeys for roasting are usually stuffed with one of the following : sausage, veal, or chestnut. These stuffings are sometimes mixed, or placed in layers in the crop. The breast of the turkey should be covered with two or three thicknesses of greased paper, and should be well basted while cooking.

Bread sauce, gravy, boiled ham, and fried sausages, if not used in the stuffing, are served with it. Stewed chestnuts are sometimes served as a garnish.

Turkeys for boiling are also stuffed, and served with celery, white or oyster sauce.

Pigeons should be plump, the feet very supple and smooth. Bordeaux pigeons are considered choice, the French treatment shows the bird off to advantage, but young English pigeons are good eating.

Geese and ducks should be full breasted and firm, the feet yellow and supple, and the more smooth the skin is,

the better. These are sometimes stuffed with sage and onions.

Apple sauce is served with roast goose and roast duck.

Guinea-fowl are chosen and treated similarly to fowls, and served with the same accompaniments. They are rather drier, the breast is generally larded with bacon before roasting; they require hanging similarly to game before cooking. They keep a long time.

Game requires hanging, as the flavour develops more in keeping. Some keep better than others; pheasants can usually be kept longer than partridges or grouse. Woodcock and snipe, as they are not drawn, do not keep long; the trail is cooked in the birds and is considered a delicacy.

Pheasants, partridges, and grouse will keep from four to six days before they are ready to be cooked. Pheasants will keep a longer time than partridges, but they may be kept three or four weeks if the weather be very cold, and special care be taken to keep them hung up in a cold, dry, airy place. They should be hung up by the beak, apart from each other, or laid on dry straw with the wings open. When the feathers on the breast come off easily, they are considered ready for use, also when blood oozes from the beak of pheasants they should be used.

Young pheasants and grouse have short round spurs; but as many of the signs and tests for young birds may be introduced by dealers, it is not always easy to determine. Partridges should have yellow legs and dark bills. There are red-legged birds known as French, but in some parts of the Midlands they are very plentiful, and are sometimes not inferior in flavour to the better-known partridges.

One test often taken for all game is to hold them up by the lower portion of the beak; if the bird is young it snaps; also, look at the first wing feather, if old and not tampered with it is round at the tip; if young enough to roast tender, it is sharp-pointed.

Wild duck, teal, and widgeon should not be kept more than one day.

Scotch ptarmigan are very scarce, and many of those now sold are Russian or Norwegian. The latter two require to be hung for some time to be tender.

Hares and rabbits, when young, have the claws sharp, narrow, cleft in lip, the ears damp ; the lower jaw breaks easily. Only young hares should be roasted. Most of the foreign hares are coarse, and should only be used for jugging.

Usually, venison may be kept from two to four or five weeks ; but it requires careful management. The length of time it will keep depends on the weather. It is sometimes wrapped in several cloths, or calico, and placed in good soil for three or four weeks, or hung up in a shady tree, but not allowed to get wet. The haunch and best end of neck are the prime parts ; the shoulders and other parts of the neck are inferior, and are used for stews and pasties. The fat of venison from young deer is clear and white. Venison, before being roasted, is covered with well-greased paper, then with a paste made of flour and water, which is taken off just before the cooking is finished. The venison is then sprinkled with flour and quickly browned all over ; it must be well basted.

Red currant jelly, and a good gravy, or a port wine sauce, is served with venison.

Game is practically free from fat, and is easy of digestion, and more stimulating than poultry. It is usual to tie a slice of fat bacon over the breast of game when roasting ; this is termed barding. A vine-leaf is placed between the bacon and the breast of some small birds, such as quails, ortolans, ruffs, and reeves.

The birds are usually dished up on a thick slice of toast with the gravy, freed from fat that has dropped from the bird while roasting, poured over them. The dish is usually garnished with watercress, and with it are served salad and fried potatoes. Fried brown crumbs, bread sauce, and a good gravy are served separately in sauce-boats.

Orange sauce, or salad and quarters of lemon are usually served with wild duck.

## To Truss a Fowl

After the feathers are picked off, singe the hairs with a lighted taper or paper, and rub the fowl over with a cloth.

Break the leg-bones by the feet, and cut the outer skin where broken, twist the foot to make sure the bone is broken through, at the same time holding the fowl firmly on the table with the other hand, then pull the foot, and the sinews will come out of the leg with it. If the bird be old the sinews can be drawn out by cutting through the skin by the first joint, and pulling them out one at a time with a skewer. Turn the bird over and slit the skin at the back of the neck, cut the neck close to the body, leaving a long piece of the skin to fold over. Loosen the crop and the inside from the carcase as far as possible with the finger, cut a small piece from the tail end, push in the finger and loosen

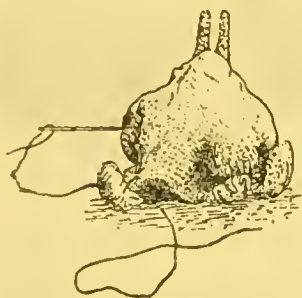


FIG. 1.



FIG. 2.

the inside from the carcase, then pull out the gizzard, and the remainder of the inside will come with it. Wipe the bird out well with a clean dishcloth. To truss, place the finger inside by tail-end, and loosen the skin over the legs, taking care not to break it, and push the legs up under the wings. Twist the pinion at the back of the wing, pass a trussing needle threaded with string through pinion and middle joint of wing, through leg and carcase, as shown in Fig. 1, now through the other leg, then wing as in Fig. 2, pass the needle through end of the neck skin, tie the two ends of string tightly together; this will push the breast up plumply. Draw the skin of the lower end of breast over the legs, pass the needle through a portion of the end of the back, then through the skin and the leg above the bone under the end of breast, passing through the leg and skin on the other side as in Fig. 3; now through the back,

and tie the string tightly. Fig. 4 shows the fowl ready for roasting.

To truss a fowl for boiling, the legs, after the sinews are drawn out, are chopped off up to the first joint. Place the finger in the lower end and loosen the skin carefully over the legs, pushing the leg up until it slips inside the skin against the body. Proceed trussing the top part in the same way as for roasting. Pass the needle through a piece of the back; draw the skin straight over the end of the legs, pass the needle through a piece of the skin, then across over the legs through skin the other side, then the back, and



FIG. 3.



FIG. 4.



FIG. 5.

tie the string tightly together. Fig. 5 shows fowl trussed for boiling.

Turkeys, pigeons, and most game birds are trussed in a similar manner to fowls.

*To prepare woodcock and snipe.*—These are not drawn; part of the wing is cut off, the head picked, the legs pushed up under wings, and the beak passed through the leg, body, and out through leg on the other side. Tie the end of the legs to the tail of the bird, and then slip the string round the beak and tie to keep it in place; fasten a slice of fat bacon over the breast. Toast is laid under these birds while roasting, to receive the drippings. The birds are served on the toast.

*To bone a fowl or turkey.*—It is easier to bone a fowl if not drawn. Draw the sinews from the legs. Cut off the pinions. Slit the skin at the neck; sever the neck close to the carcase, leaving the skin about three inches in length. Turn the skin back, and with a sharp-pointed knife take out the merry thought; sever the joint by the wing; pull the flesh from the carcase; it will tear off easily, loosening with the fingers; or cut, if necessary, until the legs are reached. These must

be cut through by the thigh joint, then separate the remainder from the carcase. Pull the legs and wings inside, take out the bones and any sinews. If for stuffing in shape, turn it inside out. If for galantines, the skin can be cut through at the back; lay it on a board, skin downwards, ready for stuffing.

*To prepare the giblets.*—Cut the gall-bladder from the liver without breaking it. Pull the neck from the head, and cut into two or three pieces. Cut through a thick part of the gizzard to the inside skin; take care not to cut through this, as it forms a bag filled with stony matter, and if cut cannot so easily be separated. Peel off the fleshy part, and cut, if large. Wash the giblets in two or three waters. Chop off the nails from the feet, scald the feet in boiling water; this loosens the outer skin, then tear it off. Giblets are used for making gravy for poultry, for soup, or pies.

*To prepare a rabbit for roasting or boiling.*—Chop off the feet, separate the furry skin from the inner skin by the pouch with the fingers, then draw the legs through to the inside, pulling the skin off the reverse way. Turn the rabbit over, back upwards, and tear the skin off with one hand, holding the rabbit on the table with the other. The shoulders must be pulled through; a knife may be necessary to use in separating the skin from the head. Take out the eyes, and chop off the front teeth; break through the chest cavity, and pull out the inside. The liver, heart, and kidneys are used, the remainder thrown away. Wash the rabbit well; cut through the leaders at the middle of the shoulders and legs; also notch the top of the legs close to the tail, this allows them to bend round easily. Draw the shoulders straight down by the sides, and turn the legs against them. Pass a threaded needle through the leg, shoulder, and underneath the body through shoulder and leg on the other side, then tie the string tightly over the back. Now pass the needle through top joint of the shoulder, through the back of the head under the ears, and through the joint on the other side; this makes the head stand upright. Fig. 6 shows rabbit trussed complete. A hare is prepared and trussed in the same manner; it is usual to leave the ears on, skinned, for roast hare.

When trussing a rabbit for boiling, pull the head round, and pass the needle through the jaws after it has been passed



FIG. 6.



FIG. 7.

through the legs and body ; then the string is tied over the back, as shown in Fig. 7.

Boiled rabbit is served with white, parsley, or onion sauce.

## CHAPTER VII

### CARVING

To carve joints and poultry skilfully and quickly is an art requiring some practice. A knowledge is required of the parts of poultry, where the bones can easily be severed.

It is necessary for carving joints to have a long, rather firm bladed knife, and a long pronged fork with a guard, both with short handles. A longer, thin, and more pliant blade is generally preferred for carving round of beef, top-side, and rolled boned beef, also for the silverside (Fig. 3), as these joints should be carved in thinner slices than the sirloin or ribs.

For poultry a short bladed knife and short pronged fork with guard, both having long handles, are used. These give more power in severing the joints and cutting through bones.

It is better during the pauses between carving to use knife-rests provided for the knife and fork, especially when serving gravy from the dish, unless a well dish is being used.

The general rule to follow in carving is to cut across the fibres (grain), otherwise the meat is not of such a good flavour, nor is it as easy to masticate, therefore it often appears tough. The exception to this rule is the fillet or undercut of the sirloin, which is usually very tender, and is cut along the fibres.

*Sirloin.*—As the fillet is better eaten hot than cold, it is usual to serve this joint with fillet uppermost and the fillet cut across in rather thick slices (Fig. 1), a portion of fat being served with it. If there are a number to be served, it is a good plan to cut all the fillet, then turn the joint over, carving a slice from one end to the other (Fig. 2), and serving a portion of under cut with a portion of the top slice. Care

should be taken to cut the joint evenly and through the flap end. If the fillet slice be large, then only serve with it a portion of the flap end, thus ensuring using up the flap



FIG. 1.

and all being served with a portion of the best cut. If several slices are required from the top, it facilitates the

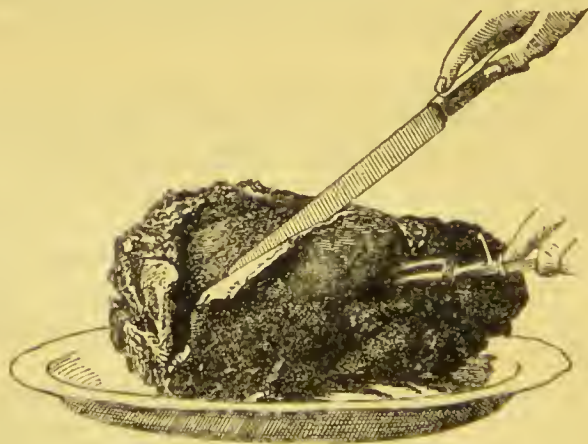


FIG. 2.

carving if the point of the knife be passed along the top against the bone under the meat, so that when carving, the slices come away evenly from the bone.

*Ribs of beef* would be cut in a similar manner to the top of the sirloin. This joint is often boned and rolled. It is then cut across the top. The knife should be very sharp, otherwise the meat will look broken and untidy.

Following the rule of cutting across the fibres of the meat, it will indicate how other joints of beef should be carved.

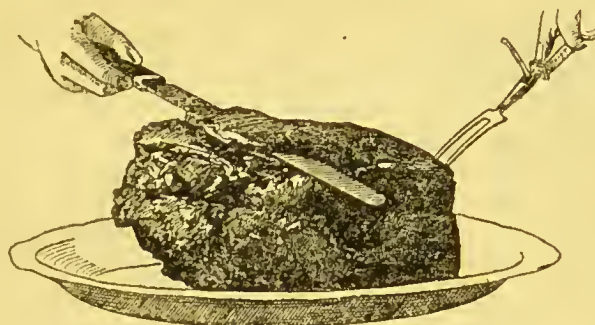


FIG. 3.

*Haunch of mutton*.—This is served with the right side of the loin uppermost. Cut through to the bone a little beyond the knuckle, cut out a piece to form a well into which the gravy can run; some of this gravy should be served with each portion. Then cut rather thin slices along the top up to the loin. The loin is cut into chops. Turn the joint over to carve the under portion.



FIG. 4.

*Leg of mutton*.—Stand the joint the inner part of the leg uppermost and cut across the centre to the bone, towards the carver, then cut rather thick slices on either side (Fig. 4).

To serve the meat equally, unless any special part is desired, a portion of the knuckle is served with a slice of the thick end. The prime fat is the kernel of fat at the thick end, called the "Pope's eye."

The leg is sometimes dished up the outer side upwards and carved longitudinally, starting at the knuckle end.

*Saddle of mutton.*—This joint is usually carved by cutting slices along the chine bone, serving a piece of fat, also a slice of kidney with each portion. Sometimes the saddle is cut by passing the knife along against the chine bone, then cutting slices across the grain, beginning at the best end; the servings are then similar to those of the loin, only without bone. This is a more economical method.

*Loin of mutton.*—A portion is cut through, beginning at the best end. If the kidney be in it, a slice should be served as far as it will go to each portion. The chump end must be sliced, as it cannot be jointed through without separating the loin. Care must be taken that the bone is well jointed. The butcher chops the loin between each vertebra. When big mutton is carved it gives a large chop, oftentimes more than the amount desired, but a chop cannot be divided without waste, or one portion being all the inferior end. It is therefore a good plan to joint a loin of mutton with a small meat saw, cutting any thickness desired. In this case the actual bone will often have to be sawn through. The result will be more economical, and the servings more agreeable. The loin can also be boned entirely, stuffed or not, as preferred, the flap end folded and fastened over the fillet portion. Then the meat can be carved across any thickness.

*Forequarter of mutton or lamb.*—The forequarter of mutton is not usually served whole unless the mutton be very small. The forequarter of lamb is frequently served whole. Before cooking it must be jointed through the chine of bone at the back, to enable this portion being served in chops, twice across the breast bones the entire length, and at short intervals at the edge of the breast. Before serving it is usual to separate the shoulder by pressing the fork in by the knuckle, then passing the knife round the shoulder, crossing about the centre of the joint, raising the shoulder without cutting too much meat off the breast. Leave the

shoulder in position on the joint; a second dish is sent to table on which to lay it while the other part is being carved.

*Shoulder of mutton.*—This is cut through to the bone towards the carver, in the middle of the straighter side, the meat springs apart (Fig. 5). Cut slices, not too thinly, from both sides until the bone is reached. Turn the joint over



FIG. 5.

and cut across the underpart, horizontally (Fig. 6). This part is often preferred to the top. The prime fat is at the end of the shoulder. When the joint is only required for

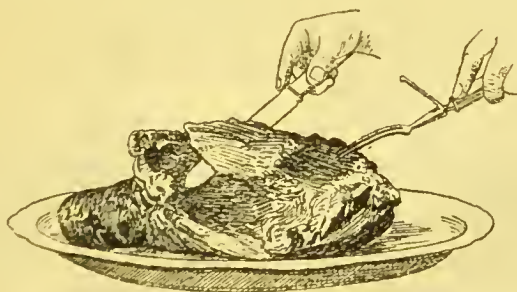


FIG. 6.

two or three servings while hot, and has to appear as the principal dish at a second meal, the underpart should be carved first. Then the joint appears the second time as though uncut.

*Lamb* is carved similarly to mutton.

*Veal.*—The shoulder is cut like the shoulder of mutton. The other parts are carved similarly to beef.

*Pork.*—For roasting the skin should be closely scored,

*i.e.* cut with the point of a small sharp knife in continuous lines all over. When cooked the skin should be very crisp.

*Leg.*—Carve slices on the plump side, starting at the knuckle. If properly scored, it is easily carved. The knife is inserted in each cut of the skin. Boiled leg is carved similarly, but it is not necessary to score the skin.

The other joints of pork follow the usual rules for carving.

*Ham* is served similarly to the leg of pork, the plump or outside uppermost. The knife should be inserted in the centre and a slice cut out similar to the leg of mutton, slices being cut on each side of the gap. Sometimes the ham is carved in longitudinal slices, commencing at the knuckle, like the leg of pork, but the former is the better method.

*Calf's head.*—If served unboned, start carving slices in the middle of the cheek, cutting from the mouth to the lower part of the ear. A little of the ear, tongue, and brains are served with each portion.

*Ox tongue.*—This is carved across the centre, but not quite through, so that it may keep its shape, then slices cut not too thinly, on both sides of the gap. A little fat from the root can be served with each portion.

If the tongue be rolled it can be much more economically carved if cut across, horizontally, as the root is then cut evenly with the best part.

*Fowl.*—The method of carving a fowl that each shall have some of the best portion, serving only leg. Place the fork firmly in the breast, a little below the centre or high part, a prong on either side of the bone. Cut a small portion of the breast, beginning near the top of the leg and cutting to, and through, the wing joint (Fig. 7). If the whole fowl is to be cut, remove the second wing in a similar manner, cut slices along on both sides of the breast. Cut the skin down on both sides between the legs and the breast. Cut through the thigh joint of the leg as shown in Fig. 8. Remove the second leg in a similar manner. Still keeping the fork in the same place, cut through the breastbone, above the fork, pushing the knife under, cut off the piece of breast with the merrythought, as in Fig. 9. Remove the lower half of the breast from the back by cutting through the thin rib bones, as Fig. 10. So far the fowl has been cut

up without once removing the fork. Now remove the side bones from the carcase—these are under the wings. Separate the leg into two by the middle joint. Cut slices from the thigh and serve with the wing; the remainder of



FIG. 7.



FIG. 8.

the thigh, with two or more slices from one side of the breast and one side bone; the lower part of the leg, or drumstick, with one half of the breast. The other half of the fowl being served similarly will form six portions.

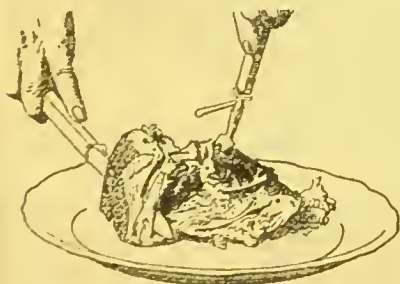


FIG. 9.

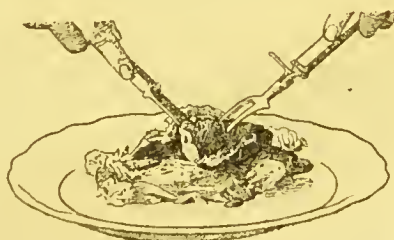


FIG. 10.

If the backbone is to be served, turn it over, insert the fork in one end and cut through the centre, holding one half down with the knife and raising the other with the fork, as Fig. 11, it is then easily divided.

If only part of the fowl is to be cut: remove the breast as above, cut through the skin between the leg and breast, stick the fork into the lower part of the leg, between the latter and the breast, as Fig. 12. Insert the

knife, press the leg outwards with the fork, and cut through the thigh joint. Separate the leg and serve the wing and slices from the thigh; the remainder of the thigh with slices from the breast and a side bone. Should a third serving be required, cut the merry thought half of the breast and serve with the lower part of the leg.

Should the fowl be large enough for eight servings, then the wing with a larger piece of breast is one portion, the thigh cut equally into two lengthways, each served with slices from one side of the breast and the side bones. The drumstick with the half of breast, will form the eighth. The more usual method of serving a fowl is to cut the wing portion for one, the whole leg for a second, and the breast



FIG. 11.

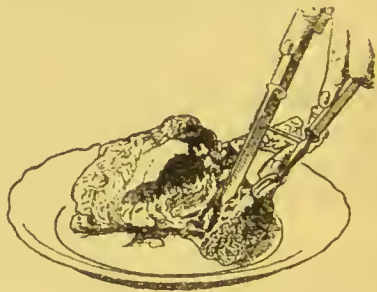


FIG. 12.

for a third serving. In this case one serving has none of the prime part.

*Turkey.*—Carve slices from the breast, beginning close to the wing, cutting through the stuffing. This is usually sufficient, but if more be required, then cut slices from the legs and serve with some from the breast. The wing and leg bones can be severed similarly to those of the fowl, but are too large to be served whole; these are more conveniently cut up in the kitchen and served garnished, or warmed in a variety of ways.

*Goose.*—Slices are carved along the breast, beginning close to the pinion. Remove the legs similarly to a fowl, serving them whole. A portion of the skin or apron over the stuffing is considered a choice part.

*Duck* is carved similarly to a fowl, but not dividing the

leg. The wing and part of breast as a portion, the leg, and the breast cut into two, each of these form a serving.

*Duckling* may be cut into four servings by cutting down the centre of the breast, separate these from the backbone; divide each half of the breast. Each portion consists of a wing or leg with some breast.

*Hare and rabbit*.—If the hare be large, cut slices along the back on both sides, take off the legs by cutting through the thigh joint, divide the legs into two by the joints. If the hare be very small, cut off the legs, then cut the back through into portions. Pass the knife under the blade-bones to cut off the front legs. The back is the prime portion; then, the thigh portion of the leg. When the latter is large it may be necessary to divide this, by cutting through lengthways, all the bone will be with one portion. A rabbit is served similarly to the hare, but they are rarely large enough to cut slices along the back. Take off legs and shoulders, and cut the back into three or four portions.

*Pigeon* is usually cut through from the neck down the centre of breast, and forms two servings. If large the wing and leg will form one serving, the breast and back another, with the remaining wing and leg the third.

*Pheasant*.—Carved similarly to a fowl.

*Partridge, grouse and other birds*.—If very small, may be cut into two portions similarly to the pigeon. If of medium size, carve it into four by pressing the fork into the neck part of the back, cut from the thin end between the breast and back to the neck, cutting through the wing joints. Cut this into two, beginning at the neck, passing down the centre of the breast. Cut through the centre of back, one leg being on each portion. This forms four servings. Should the birds be very large, carve similarly to a fowl.

## CHAPTER VIII

### PLAIN MEAT DISHES

#### Roast Meat and Gravy

Joint.	Salt.
1 teaspoonful of baked brown flour.	$\frac{1}{2}$ pint of stock or water.

WIPE the meat with a damp cloth, trim off any surplus fat, skewer, and tie it in shape if necessary. Place the meat close to a clear bright fire for ten, or fifteen minutes if a large joint, to quickly coagulate the juice on the outside, thus closing the pores of the meat and keeping the joint juicy. Then draw it farther from the fire to cook it more slowly. For beef and mutton allow fifteen minutes to each pound and fifteen minutes over ; for pork and veal, twenty minutes to each pound and twenty minutes over. Baste it frequently. When done, place it upon a dish, take off the string and keep warm. Ladle the fat from the dripping-pan, leaving any brownish sediment behind, put the flour, salt, and water into the tin, and stir over the fire until it boils, strain it around the meat, not over it, or it may be served in a sauce-boat.

If no flour be ready baked, stir a small teaspoonful of flour in the tin over the fire until it becomes brown.

#### Baked Meat

Ingredients as for roasting.

The oven must be very hot before the meat is put in. Place the meat upon a double tin, having water in the under one ; this prevents the dripping from burning. There must be a meat-stand on the tin to keep the meat from the fat. Leave the oven closed up for the first ten or fifteen minutes,

then open the ventilator in the door ; this will allow the unpleasant fatty vapours to escape, at the same time lowering the heat. Turn the joint two or three times while cooking, and baste it frequently. Dish up and make gravy as for Roast Meat.

### Boiled Leg of Mutton

Leg of mutton.	2 turnips.
Boiling water.	2 onions.
2 carrots.	Bunch of herbs.

Wipe the meat with a wet cloth. Have a saucepan with boiling water to just cover the meat. Place the meat into the boiling water, bring it to the boil again quickly, continue boiling for five minutes for a large joint, three minutes for a small one—this closes the pores of the meat and keeps in the nutriment—then pour in a cup of cold water to reduce the temperature, and skim ; add the herbs. Boil the meat very slowly for the remainder of the time, the water should register about 200° Fahr. If cooked at a higher temperature the meat becomes tough and leathery. Allow twenty minutes to each pound and thirty minutes over.

Prepare the vegetables. If only to flavour, put them in when the cold water is added ; if to serve with the meat, put the carrots and onions in two hours, and the turnips one and a half hours, before the meat is finished.

Dish up the meat, garnish round with the vegetables, pour a little of the stock on to the dish, and serve with either caper, parsley, or onion sauce in a boat.

Some of the stock in which the meat has been cooked should be used for making the sauce.

### Boiled Salt Beef and Dumplings

Silverside of beef.	Bunch of herbs.
Warm water.	$\frac{3}{4}$ lb. of flour.
4 or 5 carrots.	5 ozs. of chopped suet.
4 or 5 turnips.	1 teaspoonful of baking-powder.
2 onions.	Cold water.

Wash the beef and tie it round. Place it in a saucepan with warm water, allow it to boil, and skim it, let it simmer for about one hour ; taste the water, if very salt pour it away and add fresh warm water. Add the herbs, and

continue cooking it slowly, allowing twenty minutes for each pound and thirty minutes over. Scrape the carrots, wash and cut them into four or five pieces, peel the onions, and add with the carrots about two and a half hours before the meat is finished. Peel, wash and cut the turnips, add, and allow one hour and a half to cook. Mix the flour, suet, and baking powder together and bind with water. Divide into about ten portions, roll them into smooth balls, and put in with the beef one hour and a quarter before it is finished. Dish up the beef, place the dumplings round, garnish with the onions and some of the carrots and turnips, pour some of the liquor over the beef. The remainder of the vegetables can be served in a vegetable dish.

### Grilled Steak or Chop

Steak or chop.  
A little dripping.

Gravy.

Wipe the meat with a damp cloth. A steak should be from one and a half to two inches in thickness. If a chop be grilled, cut off any superfluous fat. Melt a little dripping and pour over the lean part of the meat. Warm a gridiron, lay the meat on it, and place it close to the fire or gas to cook it quickly, for about one and a half minutes each side. This seals the juices in the meat. Draw it further from the fire, or lower the gas to cook it slower, turning it occasionally. A chop will take from six to ten minutes, steak ten to fifteen minutes. Place the meat on a hot dish, ladle the fat out of the tin, put in half a teaspoonful of baked flour and a little salt to half a pint of gravy. Stir it till it boils. Serve it in a sauceboat, if served on the dish, it must not be poured over the meat.

A piece of butter placed on the steak when dished up is a great improvement.

Chops and steaks can be garnished with fried potatoes.

### Grilled Steak No II

Thick steak.  
1 onion.  
 $\frac{1}{2}$  carrot.  
Bunch of herbs.

1 or 2 tablespoonfuls of salad oil.  
Maitre d'Hôtel butter (p. 246).  
Fried potatoes.

Lay the steak on a dish, after wiping it with a damp cloth. Peel and slice thinly the onion and carrot, and

spread them over the steak, also the herbs (not tied together). Pour the oil over and let the steak stand for three or four hours, turning it over once during the time, placing the vegetables and herbs on the top of the steak. When ready to cook, shake the vegetables off (these can be used in stock-pot). Grill the meat as in the preceding recipe, place it on a hot dish, and spread lightly over the maître d'hôtel butter, and garnish round the dish with some fried and seasoned potatoes, cut like small marbles, or similar to thick matches.

Gravy may be served in a sauceboat. About one ounce of maître d'hôtel butter to one and a half or two pounds of steak.

### Fried Sausages with Potatoes or Bread

Sausages.  
Gravy.

| Mashed potatoes or bread.

Well prick the sausages with a fork to prevent them from bursting. If the skins are very thin, put them, after pricking, into boiling water for two minutes, this will prevent them from breaking. Warm a little fat in a frying-pan, put in the sausages and turn them about until they are of a brown colour all over, then draw the pan further from the fire and cook them slowly, turning them occasionally. Time to cook beef sausages about fifteen minutes, pork sausages twenty minutes.

Cut strips of bread a little larger than a sausage, fry them in the sausage fat, browning them on both sides. Place them on a hot dish, stand a sausage on each one. Garnish with parsley.

If served with potatoes, cold potatoes may be used. Mash them, season with pepper and salt, and fry them in some of the sausage fat. Pile them high on a dish, stand the sausages up against and around the potatoes. Pour the gravy round.

### Stewed Steak

1 lb. of buttock or stewing  
steak.

1 oz. of fat.

2 onions.

$\frac{1}{2}$  carrot.

$\frac{1}{2}$  turnip.

Bunch of herbs.

1 tablespoonful of flour.

Pepper and salt.

3 gills of cold water.

The steak may be cooked whole or cut in three or

four pieces. Place the fat in a saucepan and fry the steak quickly to a brown colour on both sides, put it on a plate; peel and quarter the onions, fry them and put with the steak. Brown the flour in the pan; take the saucepan off the stove while stirring in the water, then stir over the fire until it boils. Return the steak, onions, and herbs to the saucepan, and simmer very gently for one hour. Then put in the carrot and turnip cut into slices, and simmer for one and a half hours more. When done, take out the herbs, season the stew with pepper and salt. Place the steak in the centre of a dish, the vegetables round, and the gravy poured over.

If the steak is a tough piece, cut from the cheaper parts, it must not be fried (see p. 11).

### Stewed Steak and Dumplings

6 ozs. of flour.  
3 ozs. of suet.  
Salt and water.

And similar ingredients as for  
Stewed Steak, without the turnip, using 1 pint of water.

Prepare the steak in a similar manner as in the preceding recipe, putting a small piece of carrot in at first for flavouring and leaving the onions whole. Chop the suet finely, mix with the flour, a little salt, and sufficient water to make a stiff paste. Divide it into six or eight balls, and roll them in flour. Put in with the steak after it has been cooking for an hour. Serve the dumplings round the steak.

### Stewed Steak and Rice

Cook the steak in a similar manner as for Steak and Dumplings, using one and a half pints of water or stock, and six ounces of rice. The rice must be washed and put in one hour before the steak is finished cooking. Dish up the steak and arrange the rice around it.

### Stewed Steak and Macaroni

4 ozs. of macaroni.  
1 oz. of butter.  
1 tablespoonful of Parmesan  
cheese.  
Cayenne.

Salt and pepper.  
And similar ingredients as for  
Stewed Steak, leaving out the  
turnip.

Cook the steak in a similar manner as for Stewed Steak. Boil the macaroni until soft in some water with salt; time,

about half an hour. Strain, and cut into two-inch lengths. Warm the butter in a saucepan, put in the macaroni, add the cheese and seasonings to taste ; toss it over the fire until it is warmed through. Dish up the steak, strain the gravy over it, and serve the macaroni round, or at both ends.

### Beef Olives

1 lb. of buttock steak.	Salt and pepper.
2½ ozs. of bread crumbs.	1 egg.
1½ ozs. of suet.	Gravy or water.
1 teaspoonful of chopped parsley.	1 onion.
¼ teaspoonful of mixed herbs.	Piece of carrot.
Grated rind of lemon.	1 tablespoonful of baked flour.

Cut the steak into thin slices, about four inches square. Mix the bread crumbs, suet chopped, herbs, lemon, salt, and pepper in a basin ; add the egg well beaten and a little gravy, if necessary, to bind it together. Lay the stuffing in equal portions on the pieces of steak and roll them up. Tie each one round with a piece of string ; and stand them on ends in a saucepan just large enough to hold them. Put in the onion peeled, and the carrot. Just cover the beef with water or gravy and let it come to the boil, then simmer slowly for two hours. Lift out the beef olives, take the string off and keep them warm. Thicken the gravy with the flour baked brown, season with salt and pepper, and let it boil a few minutes. Dish some green vegetables in a pile in the centre of a dish, and stand the olives round ; then strain the sauce over them.

### Stuffed Roast Skirt

2 lbs. of beef skirt.	4 or 5 mushrooms.
1½ ozs. of bread crumbs.	Pepper and salt.
1 oz. of chopped suet.	Egg.
1 chopped onion.	Dessertspoonful of flour.
Teaspoonful of chopped parsley.	Dessertspoonful of capers.
	½ pint of gravy.

Trim, wash, and cut up the mushrooms, mix with the crumbs, suet, onion, parsley, and seasonings, bind together with beaten egg, and a little water. Wipe the skirt well with a damp cloth. Make a slit along the top just under the skin without cutting through the ends or further side,

place the stuffing in this gap, fasten it together with a skewer. Bake it for one hour, basting it frequently.

For the sauce fry a little chopped onion in some of the fat from the meat, add the flour, stir over the fire until it is of a brown colour, add the stock and mushroom parings, let it boil for fifteen minutes, strain it, add the capers chopped, and salt to taste. Pour round the meat, or serve in a sauce tureen.

### Galantine of Beef

1½ lbs. of lean raw steak.	½ teaspoonful of mixed herbs.
½ lb. of fat ham or bacon.	½ teaspoonful of salt.
4 ozs. of bread crumbs.	¼ teaspoonful of pepper.
1 large onion.	The rind and juice of 1 lemon.
4 or 5 tablespoonfuls of stock.	2 eggs.
1 dessertspoonful of chopped parsley.	

Cut the steak and ham into pieces and pass it through a mincing machine, place it in a basin and well mix with it the other dry ingredients. Chop the onion, and mix in with the lemon juice. Add the eggs, well beaten, with sufficient stock to bind it together. Form this mixture into a roll, dredge it with flour, and tie it up in a floured pudding cloth, somewhat similar to a roly pudding. Place it in some boiling stock or water, let it simmer quickly for about five minutes, then allow it to boil gently for two hours, if about five or six inches in diameter; if smaller it may cook in one and a half hours. When cooked let it stand out of the liquor for about a quarter of an hour, then take the cloth off and roll it up again tighter, tie both ends and place it between two dishes or tins, with some weights on the top until quite cold. Take off the cloth and brush the roll all over with some glaze. Cut a piece off one end, place it on a dish and decorate round with some salad or slices of beetroot, or tomato. Some grated horseradish can be put in a line along the length of the roll.

If no glaze is available, skim the liquor in which the roll was cooked, and boil it down until it is about two tablespoonfuls, if it were stock used in the first place it may jelly enough, if only water, then it will require about two or three sheets of gelatine, soaked in water, and added; also a little colouring may be needed.

For a change pork may be added instead of bacon. Also half veal and half beef may be used.

## Sea Pie

1 lb. of neck or breast of mutton.	<i>For the pudding.</i>
2 onions.	$\frac{1}{2}$ lb. of flour.
Bunch of herbs.	3 ozs. of suet.
1 pint of water.	$\frac{1}{2}$ teaspoonful of baking powder.
Pepper and salt.	Pinch of salt.
	Water to mix.

Wash or wipe the meat and cut it into pieces about two inches square, place it in a saucepan with the onions peeled and quartered, the herbs and a little pepper and salt, just cover the meat with cold water and place on the fire to come to the boil. Make a stiff pudding with the above ingredients, roll it out into a round piece to fit the inside of the saucepan, as a cover for the meat. Allow it to simmer for two hours. When ready to dish up, cut the pudding across into two, to enable it being lifted out with a slice, put it on a hot plate. Take out the herbs, add more seasoning, if necessary, turn the meat and gravy on to a hot dish, and lay the pudding on the top of the meat.

## Steak and Kidney Pie

$\frac{1}{2}$ lb. of flaky pastry.	$\frac{1}{2}$ teaspoonful of salt.
1 lb. of buttock steak.	$\frac{1}{4}$ teaspoonful of pepper.
$\frac{1}{2}$ lb. of ox kidney.	1 teaspoonful of chopped parsley.
1 large teaspoonful of flour.	1 $\frac{1}{2}$ gills of water.

Cut the steaks into small pieces, wash the kidney and cut it smaller than the steak. Mix the flour, salt, pepper, and parsley on a plate, toss the meat in it and lay it in a pie-dish, pour in the water, cover the dish with the pastry, use the trimmings for leaves to decorate the top, and make a hole in the centre, brush over with beaten egg. Bake it in rather a hot oven at first until the crust is coloured brown, then cook it slowly for one and a half hours. When finished, fill the dish up with some gravy, pouring it through a funnel placed in the hole in the crust. If liked, an onion may be cooked in the pie, or three or four mushrooms may be added.

## Steak and Kidney Pudding

1 lb. of steak.	Onion if liked.
$\frac{1}{4}$ lb. of ox kidney.	$\frac{3}{4}$ lb. of flour.
Dessertspoonful of flour.	6 ozs. of chopped suet.
1 teaspoonful of chopped parsley.	Salt and pepper.
$\frac{1}{4}$ teaspoonful of mixed herbs.	Water.

Mix the suet, flour, and a pinch of salt together in a basin and pour in sufficient water to mix to a stiff paste. Cut off one-fifth and lay aside for the cover. Roll the remainder out to a round piece. Grease a pudding-basin, and line with the crust. Cut the meat into small pieces, and the kidney into smaller pieces. Mix flour, pepper, and salt together on a plate. Toss the pieces of meat into this and put into the basin, sprinkling the herbs between. Pour some water into the basin to barely cover the meat. Wet the edges of the crust, roll out the remainder sufficiently large to cover the top, and press the edges together.

Rinse a pudding-cloth in some hot water, sprinkle flour on it, and place over the pudding, tying it round the rim of the basin with string. Then tie the opposite corners over the top. Place the pudding into a saucepan of boiling water, and let it boil for at least four hours.

## Savoury Stew

1 $\frac{1}{2}$ lbs. leg of beef.	$\frac{1}{2}$ pint of water.
1 carrot.	4 tablespoonfuls of vinegar.
1 turnip.	1 tablespoonful of baked brown flour.
2 onions.	Salt and pepper.
2 pieces of celery.	1 teaspoonful of chopped parsley.
Bunch of herbs.	

Cut the meat into pieces ; if it is very tough, place it in a dish, pour the vinegar over and let this stand for about twenty minutes (the vinegar tends to soften the fibres of the meat). Clean the vegetables and cut them into neat pieces, place in a jar with the meat, vinegar, herbs, and cover with the water ; put the lid on and place in an oven to cook gently for about three hours. Mix the brown flour with a little water, pour into the stew and stir until it boils, add pepper and salt to taste. Take out the herbs, turn on to a hot dish and sprinkle the parsley over the top.

## Irish Stew

1 lb. middle of neck of mutton.	Pepper and salt.
2 lbs. of potatoes.	Teaspoonful of chopped parsley.
4 onions.	3 gills of water.
Bunch of herbs.	

Cut the mutton into pieces. Peel and quarter the onions, lay them in a saucepan, place the mutton over the onions and the herbs, then barely cover with cold water; peel the potatoes, choose small ones and do not cut them up, and lay over the meat, sprinkle a little salt and pepper on the potatoes and bring to the boil. Then stand the saucepan where it will stew gently for two hours. Take out the herbs, season to taste with salt and pepper. Dish up the meat in a circle on a flat dish, put the potatoes and onions in the centre, leaving one potato in the saucepan, to mash to thicken the gravy a little, pour the gravy over the stew, and sprinkle with parsley.

Inferior cuts of mutton can be used advantageously for this dish, such as scrag-end or breast of mutton; the bones and gristle with the long stewing give a nice flavour to the dish.

## Haricot of Mutton

1 lb. of scrag, breast, or middle of neck of mutton.	Bunch of herbs.
2 onions.	1 tablespoonful of flour.
$\frac{1}{2}$ carrot.	3 gills of water.
$\frac{1}{2}$ turnip.	Pepper and salt to taste.

Cut the mutton into small pieces, if lean, put some fat into a saucepan, and when quite hot put in the meat and fry to a brown colour all over as quickly as possible, turning it about with a spoon. Take out the mutton, leaving the fat in the saucepan. Peel and quarter the onions, and fry them brown; place them with the meat. Put the flour in the pan, stir until it is of a dark-brown colour; take it off the fire, add the water, stirring smoothly, then stir over the fire until it boils. Return the meat and onions, add the herbs, and let the whole simmer gently for one hour. Then add the carrot and turnip cut into small slices. Simmer for another one and a half hours. Take out the

herbs, season to taste with pepper and salt. Skim, if necessary, any fat off the top.

## Curried Mutton

1½ lbs. of lean mutton.  
4 onions.  
1 sour apple.  
1 dessertspoonful of curry powder.  
1 dessertspoonful of chutney.  
1½ dessertspoonfuls of flour.

1½ ozs. of butter, bacon fat, or dripping.  
1 teaspoonful of lemon juice.  
3 gills of gravy or water.  
Salt.  
Boiled rice.

Any part of mutton may be curried, providing not much fat is left on. Cut it into pieces about two inches square, make the fat hot in a saucepan, fry the meat quickly for two or three minutes, take it out, leaving the fat in the pan. Peel and quarter the onions and fry them quickly in the fat to a rich brown colour, then add the apple chopped, flour, chutney, curry, stir for one minute, add the lemon juice, and meat. Mix in the water, and stir until it boils. Allow it to simmer very slowly until the meat is quite tender, stirring once or twice to prevent it from sticking. Time, about one hour. Take out the meat and pass the sauce through a sieve, return it to the pan with the meat, season with salt, and let it boil, then serve in the centre of a border of boiled rice. If liked, the rice may be served separately.

Beef or other meat may be used instead of mutton, allowing beef and veal more time to cook.

## Boiled Rice for Curries

½ lb. of rice.  
Large teaspoonful of salt.

Boiling water.

Have a large saucepan half full of boiling water, put in the salt and rice, allow it to boil quickly, so that the grains are constantly being thrown up, until they are tender. Time, about twenty minutes. Drain the rice on a sieve and let some cold water run over it to wash off any thickening matter and to separate the grains. Then place the sieve in front of the fire or in a warm place to dry and warm the rice. Patna rice thickens less than other rices, and is best for curries.

## Sheep's Head Boiled

1 sheep's head.  
 $\frac{1}{2}$  carrot.  
1 onion.  
2 or 3 pieces of celery.  
Bunch of herbs.  
Water.

1 oz. of butter.  
1 oz. of flour.  
Nutmeg.  
Pepper and salt.  
Dessertspoonful of parsley.  
Vinegar.

Trim and split open the head, soak it in water for half an hour, take out the brains and tongue. Wash the head and tongue, place in a pan with boiling water to barely cover, let all boil for five minutes, skim, add the vegetables cleaned, and simmer slowly until the bones leave the meat easily; time, about two hours according to size. Take the tongue out as soon as the skin will come off, and skin it. When cooked, lift the head on to a dish, take out all the bones, leaving the meat as unbroken as possible, there should be two portions. Place these on a dish with the tongue between the two. Pick any red portions from the brains, place the latter in a stewpan, cover with water, add a teaspoonful of salt and a tablespoonful of vinegar, allow this to boil for three minutes, drain and slice them, lay the pieces round the meat. Strain the stock, skim, and boil it down to about half a pint. Melt the butter in a pan, add the flour, stir over the fire, but do not allow it to colour, take it off the stove, mix in the liquor, and stir over the fire until it boils, season with pepper, salt, and nutmeg, add half of the chopped parsley and a little vinegar. Ladle the sauce over the meat on the dish, sprinkle the remainder of the parsley over.

If preferred, Tomato sauce or Piquante sauce may be used instead of the above.

## Sheep's Head Baked

Ingredients similar to the preceding recipe, with the addition of two or three chopped gherkins or dessertspoonful of capers. Egg and bread crumbs.

Cook the head, tongue, and brains as for Boiled Sheep's Head; when the meat is freed from the bones, brush it over with beaten egg, cover with bread crumbs, and place on a baking sheet with pieces of fat on the top of the meat.

Bake quickly in a hot oven to brown and place it on a dish with the tongue between the meat. Make the butter or dripping hot, add some chopped onion and the flour, stir till it becomes brown, pour in the reduced stock, stir till it boils, season, add the gherkins, parsley, and vinegar. Pour the sauce over the meat, lay the slices of brain round on the sauce, sprinkle a little paprika pepper or a little parsley on each piece.

### Roast Sheep's Heart

1 sheep's heart.	1 teaspoonful of chopped sage.
1 tablespoonful of bread crumbs	1 oz. of dripping.
1 small onion.	Pepper and salt.

Wash the heart in cold water and wipe it, cut off the thick artery. Chop the onion, mix with the crumbs, sage, fat, pepper, and salt; fill the heart with this mixture and roast it in front of the fire or in the oven, from twenty minutes to half an hour, according to the size, basting it frequently.

The heart can be conveniently roasted in a saucepan if preferred. Melt one ounce of fat in a pan, and fry the heart all over to a brown colour, then add two tablespoonfuls of cold water; place the cover on the pan, stand at the corner of the stove to cook from thirty to forty minutes, turning it over occasionally.

### Stuffed and Roasted Rabbit

1 medium-sized rabbit.	Pepper.
2 ozs. of bread crumbs.	Grated rind of $\frac{1}{2}$ lemon.
1 $\frac{1}{2}$ ozs. of chopped suet.	Chopped onion if liked.
1 teaspoonful of chopped parsley.	Beaten egg.
$\frac{1}{2}$ teaspoonful of mixed herbs.	Slices of fat bacon.
$\frac{1}{4}$ teaspoonful of salt.	$\frac{1}{2}$ pint of gravy or water.
	Dessertspoonful of baked flour.

Choose a tender rabbit, skin and draw it, wash it well, then truss it (see p. 133). Mix the crumbs with the suet, herbs, onion, and seasonings, chop the liver and mix in well. Bind it together with a little beaten egg and water. Wash the kidneys and heart, place back in the rabbit, then lay in the stuffing, pass the skin of the rabbit over the stuffing with a skewer or trussing-needle and string.

Tie the fat bacon over the loin and roast it in a similar manner to roast meat. Time, about one hour, basting it frequently. When cooked, pull out the strings and put on to a hot dish. Make the gravy as for roast meat, and pour round the rabbit. Bacon rolled up and grilled or baked, may be served with this dish.

### Ragout of Rabbit

1 small rabbit.	Piece of carrot.
$\frac{1}{2}$ lb. of streaky bacon.	Bunch of herbs.
Large tablespoonful of flour.	3 tomatoes.
1 dessertspoonful of chopped parsley.	1 pint of water.
2 onions.	Salt and pepper.
	Fried croûtons of bread.

Cut the rabbit into small joints, wash and wipe them with a cloth. Cut the bacon into square pieces, and fry them to a brown colour quickly in a saucepan, turn the bacon on to a plate, leaving the fat in the saucepan. Peel and quarter the onions, fry them in the fat, and put them with the bacon. Toss the pieces of rabbit in the flour and fry them quickly in the saucepan to a brown colour, adding some more fat if there is not sufficient left from the bacon, then add the water and stir until it boils. Return the bacon and onions to the pan with the carrots and herbs. Wash the tomatoes, cut into slices, and put in with the rabbit. Let it simmer gently until the rabbit is quite tender (about one hour), then season with pepper and salt; take out the herbs. If the sauce is passed through a sieve it will look better. The pieces of rabbit and bacon can be lifted out, and kept warm while the remainder is passed through a wire sieve; put it all back into the saucepan to warm again. Serve on a flat dish garnished with fried croûtons of bread, and the parsley sprinkled over the top.

### Stewed Rabbit and Pork

1 small rabbit.	1 pint of water.
$\frac{1}{2}$ lb. of pickled pork.	Bunch of herbs.
3 onions.	1 teaspoonful of chopped parsley.
1 large tablespoonful of flour.	Pepper and salt.

Cut the rabbit into small joints, and wash these well. Cut the pork into pieces about two inches square, and

wash them. Then put them into a saucepan, with the rabbit, herbs, and onions peeled and quartered; barely cover with cold water, and put on the fire to boil. Let it simmer slowly until the rabbit is quite tender; time, about one and a half hours. When cooked, take out the herbs, mix the flour to a smooth paste with a little cold water, pour into the stew, and stir gently until it boils. Let it simmer for ten minutes longer to well cook the flour. Add pepper and salt to taste.

Ostend rabbits can be bought by the pound—in pieces, if a whole one is not required. Wild rabbits have usually a stronger flavour.

### Savoury Goose

1 lb. of pig's fry.	Pepper and salt.
1½ lbs. of raw potatoes.	1½ gills of water.
3 onions.	2 ozs. of fat.
1 teaspoonful of chopped sage.	

Slice the potatoes and onions. Wash the fry and cut into slices. Grease a pie-dish; put a layer of fry on the bottom, sprinkle with pepper, salt, and sage; place a layer of onions over this, then a layer of potatoes; season and add some fat. If there is not much fat with the fry, dripping may be used. Continue adding layers in this order until the dish is full, finishing with potatoes. Lay a piece of fat over the top, pour in the water, and bake in a moderately hot oven for about an hour. Let it brown nicely on the top. Serve very hot.

### Toad-in-the-Hole

½ lb. of breast of mutton.	1 pint of milk.
½ lb. of flour.	Pepper and salt.
1 egg.	

Mix well the flour, egg, salt, and milk in a basin, as for Yorkshire pudding. Let it stand for half an hour. Cut the mutton into pieces and put in a greased pie-dish, sprinkling salt and pepper over. Stir the batter and pour it over the meat, put it into a moderately hot oven to bake for three-quarters of an hour. When finished it should be of a tempting brown colour on the top.

Any meat can be used in a toad-in-the-hole. Beef takes

longer than mutton to cook. One pound of sausages, each cut into two pieces, may be used instead of mutton or beef. This dish may be prepared with cold meat. It will then only take from twenty to thirty minutes to cook. If the meat used be lean, one to two ounces of dripping must be added.

A small joint, especially if underdone, may be warmed up by putting it whole into a deep Yorkshire pudding tin, and pouring the batter over. Bake quickly and turn on a hot flat dish without breaking the pudding.

### Fried Liver and Bacon

$\frac{1}{2}$ lb. of calf's or sheep's liver.	1 gill of water or stock.
$\frac{1}{4}$ lb. of fat bacon.	Pepper and salt.
1 large tablespoonful of flour.	

Wash and wipe the liver, cut it into slices as nearly as possible of the same size; cut the bacon into a similar number of slices as the liver. Fry the bacon, slightly underdone. (It will finish cooking while keeping hot during the time the liver is being fried.) Put the flour upon a plate, take sufficient liver to just cover the bottom of the pan, dip the slices into the flour. Lay them in the hot fat, and fry them rather quickly to a rich brown colour on both sides, taking care the pan does not burn. Keep the liver warm while making the gravy. Brown the remainder of the flour in the pan. Mix in the water or stock, then put on to boil, stirring constantly. Dish in a circle, the liver and bacon alternately overlapping each other, and pour gravy round.

### Braised Liver

A calf's liver.	Bunch of herbs.
$\frac{1}{4}$ lb. of fat bacon.	1 tablespoonful of baked brown
1 carrot.	flour.
1 turnip.	3 gills of water or stock.
2 onions.	Pepper and salt.
2 pieces of celery.	Cayenne.

Wash and wipe the liver; cut the bacon into pieces about three inches in length and half an inch across; insert these pieces in rows over the top of the liver with a larding-needle. Cut the carrot and turnip into small

shapes ; put the trimmings from these and the bacon into a stewpan, add the onions, celery, and a little fat ; when hot, place the liver in the centre ; cover the pan and put it into a hot oven for twenty minutes, turning the liver over once during the time, then add the herbs and stock, and let it cook slowly for one and a half hours. Take out the liver and put on to a tin in the oven until the bacon is a golden colour. Strain the liquor, mix with the brown flour and let it boil for a few minutes. Skim, and season to taste. Put the liver on to a dish, pour the sauce round. Arrange the pieces of carrot and turnip, which have previously been boiled in water with a little salt, in groups round the liver ; with some chopped parsley sprinkled over ; or a tablespoonful of peas or beans can be put at intervals. If liked, the onions can be served.

### Stuffed and Roast Liver

A calf's or sheep's liver.  
6 ozs. of fat bacon.  
2 ozs. of bread crumbs.  
1 onion.  
Dessertspoonful of chopped  
parsley.  
 $\frac{1}{4}$  teaspoonful of mixed herbs.

Pepper, salt, cayenne.  
Grated rind and juice of 1 lemon.  
1 beaten egg.  
3 or 4 tablespoonfuls of dripping.  
1 tablespoonful of flour.  
3 tomatoes.  
3 gills of stock.

Wash the liver, make an incision in it, starting from the thick part, take care not to cut right through. Cut some slices of fat bacon and reserve for covering the top of the liver, chop the remainder, about four ounces, mix with the bread crumbs, half the onion chopped, parsley, herbs, half of the lemon rind and juice, a quarter teaspoonful of salt, half that quantity of pepper, and a little cayenne, bind it together with the egg. Insert this mixture in the liver, and sew or fasten the liver to keep in the stuffing. Tie the slices of bacon over the liver. Lay two or three tablespoonfuls of dripping on some white paper, and wrap the liver in it. Roast it for one hour to one and a half according to the size, basting it frequently. Ten minutes before it is finished take off the paper and leave it for the bacon to become a rich brown colour.

For the sauce, make a tablespoonful of dripping hot in a saucepan, add some chopped onion and the flour, stir it until it browns, then add the tomatoes, washed and

sliced, stir a minute or two over the fire, add the stock from the liver, strained and skimmed. Stir until it boils, let it cook for about ten minutes, pass it through a wire sieve, season to taste, add a little lemon or vinegar, and if rather thick add some more stock. Serve some of the sauce round the liver, the remainder in a sauceboat.

### Stewed Tripe and Onions

$\frac{1}{2}$  lb. of tripe.  
3 onions.  
1 tablespoonful of flour.

1 pint of milk.  
Pepper and salt.

Wash the tripe, and cut it into pieces about two inches square ; put these into a saucepan, cover with cold water and put on the stove to boil, then strain off the water. Put the onions, peeled and cut into quarters, in with the tripe and about three gills of milk ; let it come to the boil, then cook slowly, or the milk will curdle, for two and a half hours. Mix the flour smoothly with the remainder of the milk, and pour in over the tripe ; stir until it boils. Season with pepper and salt ; let it simmer for five minutes. Turn into a vegetable-dish or pie-dish and serve.

The above dish is greatly improved if half a cow heel be cooked with the tripe. It must be boned and cut into pieces, allowed to just boil in water, strained ; wash the meat, then put it on to cook with just enough water to cover. Simmer for three-quarters of an hour. Add the tripe, and a little more water to cover. Simmer for another three-quarters of an hour, then add the onions and milk. Finish cooking as above. After the onions are added it will take from one and a half to two hours.

### Stewed Tripe, Piquante Sauce

1 lb. of tripe.  
1 large onion.  
 $\frac{1}{2}$  carrot.  
Bunch of herbs.  
2 tomatoes.  
3 gherkins, capers, or pickled nasturtium seeds.

1 oz. of butter or dripping.  
 $1\frac{1}{2}$  ozs. of flour.  
1 pint of stock or water.  
Pepper, salt, cayenne.  
Some bacon scraps.

Wash and blanch the tripe as in the preceding recipe. Put on to boil in stock or water to cover it, add half the onion and the herbs. Cook it gently until quite tender,

from two to two and a half hours. Drain it and cut into squares. Slice the onion, make the fat hot in a pan, add any scraps of bacon, bones, or rinds, the onion and flour. Stir all over the fire until it becomes brown. Wash, cut, and add the tomatoes. Mix in a pint of the liquid, in which the tripe was cooked. Stir over the fire until it boils. Simmer it gently for a quarter of an hour. Strain, and return it to the pan. Season to taste, add the gherkins sliced, or tablespoonful of capers, or nasturtiums. Lay the tripe in the sauce and let it simmer on the stove for a quarter of an hour. Serve with fried croûtons of bread round.

### Stewed Tripe and Tomato Sauce

Cook the tripe as in the preceding recipe. Make some tomato sauce (p. 238) and let the tripe simmer in the sauce for a quarter of an hour.

### Fried Tripe

1 lb. of tripe.	Frying batter.
1 teaspoonful of chopped parsley.	Frying fat.
Pinch of mixed herbs.	Pepper, salt, and cayenne.
	Juice of a lemon.

Cook the tripe as for stewed tripe. Cut it into pieces, lay them in a basin, sprinkle over the seasonings, and the lemon juice. Let it stand for an hour, turning it over occasionally. Have some fat very hot. Dip three or four pieces of tripe into the batter, put them into the fat and fry until they become brown—about two minutes. Drain, dish up on some mashed potatoes. Garnish with fried parsley. Serve with brown, tomato, or piquante sauce.

### Scotch Collops

$\frac{1}{2}$ lb. of tender steak.	$\frac{1}{2}$ pint of stock or water.
1 small onion.	Pepper and salt.
$\frac{1}{2}$ oz. of butter.	Toast.
1 teaspoonful of flour.	

Pass the steak through a machine or mince finely. Chop the onion, and fry it in the butter, add the flour, stir until it colours, stir in the stock, let it cook for five minutes. Add the meat and let it simmer very slowly for about

half an hour, stirring occasionally with a fork. Season to taste, turn out on to a dish and garnish with toast cut into small shapes.

The meat from the chump end of loin of mutton may be substituted for the beef. This would be more suitable for an invalid, leaving out, or using less onion.

The meat must not boil.

### Stuffed and Braised Cabbage

- |   |  |
|---|--|
| 1 large savoy cabbage.                    | 1 teaspoonful of salt.                 |
| $\frac{1}{2}$ lb. of lean beef.           | $\frac{1}{2}$ teaspoonful of pepper.   |
| 2 ozs. of bacon or beef fat.              | 1 large chopped onion.                 |
| 1 oz. of bread crumbs.                    | Juice and rind of $\frac{1}{2}$ lemon. |
| Teaspoonful of chopped parsley.           | 1 pint of gravy.                       |
| $\frac{1}{2}$ teaspoonful of mixed herbs. | Dessertspoonful of flour.              |
|   | Worcester sauce.                       |

Trim the outside of the cabbage, lay it in water for a short time, wash it well without cutting or breaking it. Put it into some fast boiling water and boil for five minutes, drain. Pass the beef and fat through a mincer, mix with it the bread crumbs, lemon, herbs, onion, pepper, and salt. Loosen the leaves from the cabbage and place the mixture between them; tie the cabbage into its original shape with string. Place it in a stewpan, add about half a pint of the gravy, let it come to the boil, then let it simmer for two hours, or until the cabbage is quite soft, adding more gravy if necessary. Lift the cabbage on to a flat dish, take off the string, without altering the shape of the cabbage. Fry the flour a brown colour in a little dripping, add the gravy from the cabbage, stir until it boils; add Worcester sauce and salt to taste, strain if necessary, ladle a little over the cabbage and pour the remainder round. If the pan can be shut in the oven, the cabbage will cook better.

### Bobotee (A South African Dutch Dish)

- |                               |                                  |
|-------------------------------|----------------------------------|
| 8 ozs. lean beef or mutton.   | Teaspoonful of curry powder.     |
| 3 ozs. of bread.              | Dessertspoonful of curry powder. |
| 2 ozs. of butter or dripping. | Dessertspoonful of sugar.        |
| 2 onions.                     | Level teaspoonful of salt.       |
| 3 ozs. of bread crumbs.       | 2 eggs.                          |
| 1 oz. of almonds.             |                                  |

Soak the bread in the milk, then squeeze it, mince the meat. Chop the onions and fry them in the fat, keeping

them of a pale colour, add the bread, curry, sugar, vinegar, and salt, then well mix in the meat and the eggs beaten. Grease a pie-dish, or some cups. Bake from twenty to thirty minutes. Serve in the cups or dish, garnished with slices of lemon and parsley. Can be eaten either hot or cold.

### Koptas (An Indian Dish)

8 ozs. of raw beef or mutton.	$\frac{1}{4}$ teaspoonful of pepper.
2 ozs. of bread crumbs.	3 eggs.
2 ozs. of butter.	Buttermilk.
3 parts of a gill of milk.	Fat for frying.
$\frac{1}{2}$ teaspoonful of salt.	

Mince the meat finely, mix with the crumbs the butter melted, and the seasonings. Bind it together with one yolk and two whites, beaten, and milk. Divide it into eight portions and press into shapes. Lay them in a dish and pour some buttermilk over them; let them soak for half an hour. If not covered with the milk they must be turned over. Have some dripping hot in a flat frying pan. Brush the koptas over with the remaining yolks and white beaten, and fry them on both sides a rich brown colour.

### Pork Pie

1 lb. of flour.	$1\frac{1}{2}$ teaspoonfuls of chopped sage.
5 ozs. of lard.	Salt and pepper.
1 gill of milk and water.	Jelly gravy.
1 lb. of pork.	

Cut the pork into small squares, mix in a basin with the sage, half a teaspoonful of salt and a quarter of a teaspoonful of pepper. Put the flour with a quarter of a teaspoonful of salt into a basin, boil the lard, milk and water together and pour in, stirring with a knife at first, work it into a smooth ball, cut off about one-eighth for the cover, press the remainder into a pie-shape by pushing out with the thumbs in the centre, and keeping the side up in shape with the fingers on the outside. Place the meat in the centre. Roll out the remainder of the paste and cut a round to fit the top. Wet the edges of the pie, lay the cover on and press and crinkle the edge. Make a hole in

the centre, and brush the pie over with beaten egg. Decorate the top with leaves cut from the trimmings of the paste. Bake in rather a hot oven at first until it is of a rich brown colour all over, then reduce the heat, and cook it for one or one and a quarter hours, according to the thickness of the pie. Take it out of the oven and let it stand for half an hour, then fill it up with a good jelly gravy by means of a funnel through the hole in the cover. It must remain several hours to get quite cold before serving.

The gravy can be made from the bones and rind of pork, flavoured with an onion and salt. If no pork rinds are available a little gelatine must be added.

### Cornish Pasties

$\frac{3}{4}$ lb. of flour.	$\frac{3}{4}$ teaspoonful of salt.
6 ozs. of dripping.	Water to mix.
1 teaspoonful of baking powder.	

#### Filling

6 ozs. of tender steak.	Small onion.
4 ozs. of raw potatoes.	$\frac{1}{2}$ teaspoonful of salt.
1 teaspoonful of chopped parsley.	Pepper.

Cut the meat into small squares. Wash and peel the potatoes and cut the same size as the meat. Mix the meat, potatoes, parsley, onion, and seasonings well together in a basin. Put the flour into the basin, rub the dripping finely into it, add the salt and baking powder, and mix to a stiff paste with cold water. Make it into a smooth ball and roll it out, cut into seven or eight round pieces with a saucer. Put the meat mixture in equal quantities on each round, wet the edges and join them together over the top of the meat, then crinkle the edges. Brush them over with a little egg or milk, and bake in a moderately hot oven for about half an hour.

### Sausage Rolls

$\frac{1}{2}$ lb. of sausages.	Pepper and salt.
$\frac{1}{2}$ teaspoonful of chopped parsley.	6 ozs. of short pastry.

Put the sausages into a saucepan with boiling water for five minutes, drain them. When cold cut them open,

skin and season them. Roll the pastry out and cut it into square pieces. Lay some sausage on each piece. Wet the edges of the pastry, fold it over the sausage and press the two edges together. Mark each roll on the top with the back of a knife, and brush them over with beaten egg. Bake in rather a hot oven from fifteen to thirty minutes, according to size. Garnish them with parsley and serve either hot or cold. If preferred they can be made with flaky pastry.

## Beef and Cow Heel Mould

1 cow heel.	12 peppercorns.
3 lbs. of stewing beef or ox cheek.	6 allspices.
3 onions.	Cayenne and salt.
1 carrot.	2 hard-boiled eggs.
1 leek.	Dessertspoonful of chopped parsley.
Celery or celery salt.	1 tablespoonful of capers.
Nutmeg.	

Wash the cow heel, put it in a saucepan, cover with cold water, let it come to the boil, then throw the water away and wash the foot again, place it back in the saucepan, with the beef washed, well cover with cold water, let it boil, skim it well, add the spices and herbs, the vegetables cleaned, but not cut up. Allow it to simmer gently for about four hours, taking the meat carefully out when it is ready to fall to pieces. Take out the cow heel when the bones easily leave the flesh, pull out all the bones. Strain the liquor, if not reduced to half the original quantity, boil it quickly with the cover off the pan. Cut the eggs into slices and lay in a quart-sized mould or a pie-dish, sprinkle some parsley over the inside of the mould. Cut the beef and cow heel into pieces, sprinkle over them nutmeg, cayenne, salt, pepper, and the chopped capers. Mix the meat and put it into the mould and fill up with the reduced gravy which will set in a firm jelly.

When set, turn it out on a dish and garnish round with slices of tomatoes or any salad plant.

This is a nice way of using up the remains of any boiled meat. The latter then should only be added the last hour of cooking.

## Brawn

- |                                 |                   |
|---------------------------------|-------------------|
| $\frac{1}{2}$ pig's head.       | 1 bunch of herbs. |
| 2 sheep's tongues.              | 12 peppercorns.   |
| 1 large onion.                  | 4 cloves.         |
| $\frac{1}{2}$ carrot.           | Mace.             |
| $\frac{3}{4}$ pieces of celery. | Cayenne pepper.   |

Procure the half pig's head which has been but slightly salted, soak it in cold water for about one hour, then wash it, also the sheep's tongues; place them in a saucepan and well cover with cold water, let it come slowly to the boil, skim well. Clean the vegetables and add with the spices and herbs. Let it simmer slowly until the bones will easily leave the meat, and the skins come off the tongues. Time, two to three hours. Skin the tongues, take all the bones from the head. Strain the liquor, pour it back into the saucepan, add the bones, and reduce it by boiling it quickly with the lid off, until there is only sufficient to just fill up the mould containing the meat.

Sprinkle some chopped parsley over a mould or basin. Cut the tongues in slices and place a few round the mould, cut the meat from the head into pieces, mix with the remainder of the tongue, and some cayenne pepper, and with it fill up the mould. Pour in as much liquor as the mould will hold, lay a plate on top with a weight on it. When quite cold, turn it out on a flat dish and garnish with parsley.

## Faggots

- |   |                                      |
|---|--------------------------------------|
| 1 lb. of pig's liver.                     | 1 teaspoonful of salt.               |
| $\frac{1}{2}$ lb. of pork or bacon fat.   | $\frac{1}{2}$ teaspoonful of pepper. |
| 1 lb. of bread.                           | Saltspoonful of nutmeg.              |
| 1 lb. of onions.                          | $\frac{1}{2}$ saltspoonful of mace.  |
| 1 dessertspoonful of chopped parsley.     | Cold water.                          |
| $\frac{1}{2}$ teaspoonful of mixed herbs. | Pig's caul.                          |

Wash and cut small the liver, cut up the fat, peel and quarter the onions, crush the mace, add the seasoning. Soak the bread in water and drain it in a colander, mix with all the other ingredients, except the caul, pass the mixture through a sausage machine, then mix it again. Cut the caul into pieces, lay a large tablespoonful of the mixture upon each and cover with the caul. Place them

in a deep Yorkshire pudding tin, the joined side downwards and close together. Bake in a hot oven for half an hour or a little longer if they are rather thick. Serve very hot.

### Scotch Haggis

- |                                 |  |
|---------------------------------|--|
| 1 pluck.                        | 3 dessertspoonfuls of salt.            |
| 2 paunches.                     | 1 teaspoonful of pepper.               |
| 1 lb. of onions.                | 1 teaspoonful of nutmeg.               |
| 1 lb. of beef suet.             | $\frac{1}{2}$ saltspoonful of cayenne. |
| 3 teacupfuls of coarse oatmeal. | 1 pint of stock or water.              |

The pluck must be as fresh as possible, if the liver weighs about three pounds, two paunches will be required. Well wash the paunch in several waters, leave it all night to soak in water, with a handful of salt. Scrape well inside and out until quite clean; or a piece of lime, the size of a walnut, in a gallon of water will cleanse it quickly without soaking. Place it in a pan of cold water on the fire to boil for five minutes, well wash it again.

Trim and well wash the pluck, pricking the liver and lights to let out the blood, place the whole in a pan of cold water to boil for one and a half hours, changing the water twice, during the first half of the time. Take up the pluck, cool a little; cut into pieces and pass it through a mincing machine. Mince finely the onions. Dry the oatmeal in the oven till it is crisp. Well mix all the ingredients together, then add the stock.

Fill the paunches loosely with the mixture, and sew up any gaps with a trussing needle and fine string. If large, tie the paunch through in the centre, thus forming two of each. Well prick to prevent them from bursting, place them in a pan with hot water to cover; a plate or drainer should be at the bottom of pan to prevent them from sticking; let them come to the boil, then simmer gently for three and a half hours, pricking occasionally during the first half hour.

Serve in a folded serviette on a dish.

### Sage and Onion Stuffing

- |                                  |                         |
|----------------------------------|-------------------------|
| 6 large onions.                  | 4 ozs. of bread crumbs. |
| 1 oz. of butter or dripping.     | Pepper and salt.        |
| Dessertspoonful of chopped sage. |                         |

Peel and cut the onions into quarters, put them into a

stewpan, cover with water and let them come to the boil, then strain and chop them ; make the fat hot in a stewpan, cook the onions in it for ten minutes, then mix in the other ingredients. If preferred, one pound of mashed potatoes may be substituted for the bread crumbs. This is used for stuffing geese, ducks, and pork for roasting.

### Chestnut Stuffing

1 lb. of chestnuts.	1/4 teaspoonful each of thyme and
2 ozs. of butter.	marjoram.
2 ozs. of bread crumbs.	1/2 teaspoonful of chopped parsley.
1/2 lb. of pork-sausage meat.	Gravy or milk.
	Salt and pepper.

Score the chestnuts, place them in the oven for a few minutes to loosen the skins. Skin and put them in a stewpan with a little gravy or milk, lay a buttered paper over, cover with the lid, and cook them slowly until soft and dry. Pass them through a sieve, add the butter, and when cold mix with the other ingredients. This is used for stuffing turkeys for roasting.

### Veal Stuffing

4 ozs. of bread crumbs.	Lemon rind grated.
1 1/2 ozs. of lean cooked ham.	1/2 small teaspoonful of salt.
3 ozs. of chopped suet.	1/4 small teaspoonful of pepper.
1 1/2 teaspoonfuls of chopped	1 egg.
parsley.	Gravy or milk.
1 teaspoonful of mixed herbs.	Cayenne.

Mix all the dry ingredients in a basin. Add the egg, beaten, and sufficient gravy or milk to bind.

### Dripping

If sufficient dripping cannot be obtained from the joints while cooking, pieces of fat may be bought from the butcher at threepence to fourpence per pound. Place them in a pan of cold water to soak for one hour or longer. Drain and cut them into small pieces, removing any lean meat or gristle. Put the fat in a saucepan with half-pint of cold water to each three pounds of fat, cover and cook until the pieces become shrivelled and turn a light-brown colour, stirring occasionally with an iron spoon to prevent

the pieces from sticking together. When cooked take the pan off the stove and let the fat cool a little, then turn it into a colander, pressing the liquid fat from the pieces. When cold, use for making pastry, plain cakes, and for frying.

## Clarified Fat

Fat.

|

Water.

If there is much fat to be clarified, break it into pieces and place in a saucepan with about one pint of water, allow it to boil, then skim and strain it into a basin. When quite cold cut the fat round the edge, lift it from the water and scrape off any sediment clinging to the underpart. If not very white, clarify it again.

Frying fat that has become dark, and skimmings may be used again if clarified.

## Home-made Sausages

$\frac{3}{4}$ lb. of lean pork.	1 teaspoonful of salt.
$\frac{1}{2}$ lb. of fat pork or beef.	$\frac{1}{4}$ teaspoonful of pepper.
3 ozs. of breadcrumbs.	$\frac{1}{2}$ lemon rind grated.
1 teaspoonful of chopped parsley.	Pinch of grated nutmeg.
$\frac{1}{2}$ teaspoonful of chopped sage or mixed herbs.	Pinch of cayenne.
	1 gill of cold water.
	sausage skins.

Wash or wipe the pork and cut into small pieces; mix well with the other dry ingredients, then add the water. Pass it through a sausage machine, turn it back into a basin and well mix again. Wash the sausage skin, work it on to the nozzle of the machine, pass the mixture through into the skin, easing or holding it back as required; twist three times at intervals to make the desired size.

Half the above quantities with the addition of four ounces of bread crumbs and the same amount of seasonings.

*Sausage Stuffing.*—The above ingredients, using only half the quantity of meat and adding two ounces of fat bacon and two ounces more breadcrumbs, would be sufficient for a medium-sized turkey.

## CHAPTER IX

### ENTRÉES AND JOINTS

#### Crème de Volaille

Breast of a large chicken.  
 $\frac{3}{4}$  oz. of flour.  
 $\frac{3}{4}$  oz. of butter.  
 1 gill of milk.  
 $\frac{1}{2}$  gill of cream.

1 small onion.  
 Slice of carrot.  
 Small bunch of herbs.  
 Salt, pepper, and nutmeg.  
 1 yolk and 2 whites of eggs.

PLACE the onion, sliced, with carrot, herbs, and milk in a stewpan on the corner of the stove for twenty minutes. Melt the butter in a pan, stir the flour in it for two minutes over the stove, without allowing it to colour, then strain the milk from the vegetables on to it, stirring smoothly until it boils, then let it cool. Scrape the chicken finely and pound it well, add the sauce, well mix, and pass through a fine wire sieve. Place it in a basin, well mix in the yolk and seasonings. Whip the white of eggs stiffly, also whip the cream a little, stir both lightly into the mixture. Test a small quantity by rolling in a little flour and poaching for five minutes. Decorate a buttered soufflé mould with tongue, ham, or truffle cut into fancy shapes. Place in the chicken mixture, shake it down well, smooth the surface, and cover with buttered paper, steam for three-quarters of an hour. Turn out, and serve with either suprême or velouté sauce.

#### Tartlettes de Volaille à la Talleyrand

7 or 8 puff-paste tartlets.  
 Breast of a large raw chicken.  
 1 oz. of butter  
 $1\frac{1}{2}$  ozs. of flour } for the panada.  
 1 gill of milk } (See p. 233.)  
 2 or 3 tablespoonfuls of cream.

Pepper and salt.  
 $\frac{1}{2}$  lb. of small mushrooms.  
 1 oz. of butter.  
 Lemon juice and nutmeg.  
 Pistachio nuts.

Make some tartlets from puff paste, cut some round

pieces of crust of bread and place in the centres of each, bake them lightly, take out the crusts. Make a panada and let it cool. Pound the chicken well, add the panada, pound it again, then pass through a wire sieve. Put it into a basin, add cream, pepper, salt, and nutmeg; test the mixture. Peel, wash, and chop the mushrooms, cook them in a little butter and a teaspoonful of lemon juice, season with pepper and salt. Pound them in the mortar and pass through a sieve. Half fill the tartlets with the chicken; dip your finger into hot water and make a hole in the centre of the chicken. Fill this space with the purée of mushrooms, cover with the remainder of the chicken. Chop the pistachio nuts and sprinkle over the tops. Place them in a moderate oven for about fifteen or twenty minutes. Dish them upon a paper or serviette, and serve with some good white sauce in a sauceboat.

### Purée de Volaille à la Polonaise

Half a cold cooked chicken.

1 oz. of butter.

1 oz. of flour.

1 gill of chicken stock.

1 gill of milk.

6 small fresh eggs.

Croûtons of fried bread.

Pepper, salt, and lemon juice.

Scraps of ham or bacon.

Cut off all the meat from the chicken. Put the bones and skin into a saucepan with some onion, carrot, herbs, and a pinch of salt; cover with cold water, allow this to simmer for an hour or longer, then strain for the stock. Pound the pieces of chicken in a mortar and pass through a coarse wire sieve. Make the butter hot in a saucepan, add the scraps of ham or bacon and stir over the fire, then stir in the flour, do not let it colour. Take the pan off the fire and mix in the stock and milk, stir until it boils, season to taste with the pepper, salt, and lemon juice; a tablespoonful of cream added will be a great improvement. Put the chicken into a saucepan, add two or three tablespoonfuls of the sauce; the chicken must be kept stiff enough to stand up in a pile. Let the purée stand on the stove to keep warm. Put the eggs in cold water, and allow them to boil for five minutes, then shell them carefully. Pile the chicken up high on an entrée dish, stand the eggs round and decorate between each egg and on the top with the croûtons. Pour the sauce round.

## Timbales de Volaille à la Princesse

$\frac{1}{2}$ lb. raw chicken.	2 ozs. of tongue.
1 oz. of butter.	1 tablespoonful of brown sauce.
$\frac{1}{2}$ oz. of flour.	Cayenne.
$\frac{1}{2}$ gill of milk.	$\frac{1}{2}$ pint of green Chaudfroid sauce.
$\frac{1}{2}$ gill of cream.	1 truffle.
2 eggs.	Macedoine of vegetables.
Pepper and salt.	Aspic jelly.
Nutmeg.	Rice Socle.

Make a panada with half an ounce of butter, the flour, and the milk. Cut the meat from the breast and wings of the chicken. If there is not sufficient, cut some from the thigh bones, free it from skin and sinew, well pound it in a mortar, then add the cold panada, butter, pepper, nutmeg, salt, and the yolks of the eggs, well mix and pass through a fine sieve; put it back into the mortar, add the cream, and the whites of the eggs whipped stiffly, stir together. Test it. Add more seasoning if required, and if too stiff, a little more cream or milk.

Well pound the tongue, pass it through a sieve, mix with the brown sauce and cayenne. Butter some small timbale moulds. Turn the chicken mixture into a forcing bag, and squeeze into the moulds until they are half full, dip the top of the finger into warm water, then press a hole in the centre of the mixture (this will prevent the forcemeat from sticking), fill this with a ball of the tongue preparation, then squeeze more forcemeat round and over the tongue, so that the latter will be quite in the middle of the chicken mixture, make the surface smooth. Place the moulds in a sautépan, pour boiling water to reach half-way up the moulds, cover with buttered paper and poach in a moderate oven for about twenty minutes. When quite cold turn them out. Take some pale green Chaudfroid Sauce (p. 235), make just liquid, ladle some over each timbale, then decorate the tops in star shape with small pieces of truffle, or it can be done with some of the red part of tongue; when the sauce is quite set, ladle a little liquid aspic jelly over each. When quite set, arrange these on a rice socle (p. 175), place a small stand of rice, bread, or wax figure in the centre, covered with a white sauce. Take an artichoke bottom, pour a little aspic over

it, fill with a few of the vegetables, place a little chopped aspic round the edge, put this on the centre. Place groups of the vegetables around the timbales, decorating between each with chopped aspic jelly.

The vegetables can be bought ready in bottles or tins ; if preferred carrot and turnip can be cut out with a pea cutter, beans cut in diamond shapes, asparagus points, and green peas can be boiled separately in salted water and mixed.

### Aspic Jelly

2 ozs. of gelatine.	$\frac{1}{2}$ a carrot.
1 quart of clear stock or water.	1 onion.
Whites and shells of 2 eggs.	Bay-leaf, parsley, and thyme.
Tarragon, chilli and plain vinegars.	Tarragon.
Salt.	3 cloves.

Soak the gelatine in some of the water or stock for twenty minutes. Put the gelatine into a bright pan, add the white and shells of eggs, whisk well, then add carrot and onion sliced, salt, herbs, and vinegars to taste. Whisk it all well over the fire until it boils, then stand it at the corner of the stove covered for ten minutes without letting it boil again. Pass it gently through a jelly bag twice or three times until quite clear. If wanted a darker colour, some colouring must be added before straining. A little sherry added is an improvement. If all the aspic is not wanted for immediate use, it can be kept in a bottle well corked, in a cool place, for a month or longer.

### Tomato Jelly

1 lb. of tomatoes.	$\frac{1}{2}$ oz. of gelatine.
2 shallots.	Salt and cayenne.
Chilli and tarragon vinegars.	2 tablespoonfuls of water.
Celery salt.	

Pick, wash, and slice the tomatoes, put them into a pan with the water, the shallots sliced, and celery salt. Cook gently for twenty minutes ; then pass it through a fine sieve. There should be about half a pint, if more, a little extra gelatine must be taken. Put the tomato back into the pan with the gelatine, that has been soaked in cold water, season it with the vinegars and pepper. Stir

it over the fire until the gelatine is melted. Turn it into a wetted Yorkshire pudding tin, put in a cold place to set. Cut it into shapes and use for garnishing cold meats, salads, etc.

### Socle of Rice

4 ozs. of Carolina rice.  
A little salt.

| Teaspoonful of lemon juice.

Wash the rice, place it in a pan with salt and sufficient water to well cover. Cook slowly until all the water is absorbed, add the lemon juice, turn it into a mortar and well pound before it cools. Should the rice be too soft, add a little potato flour and stir it over the fire before pounding. Press it into a flat piece the shape required, or it may be put into a mould. Leave it all night covered over with a damp cloth. Carve the edges with a knife. Use as a base for dishing up entrées.

After being used it can be washed, and left in a basin of cold water all night. This will prevent it from cracking. A little melted lard can be poured over it for the same purpose. It can be used a number of times. A thin layer can be cut off to whiten the appearance. Carolina rice is the best to use, as it is whiter than the other kinds.

### Croustads à la Parmentier

#### *For the Croustads.*

2 lbs. of potatoes.  
 $\frac{1}{2}$  oz. of butter.  
2 yolks of eggs.  
Pepper and salt.  
Egg and bread crumbs.

#### *The Filling.*

4 ozs. of cooked chicken.  
2 ozs. of cooked ham.  
1 oz. of butter.  
1 oz. of flour.  
6 button mushrooms.  
1 truffle.  
1 teaspoonful of chopped parsley.  
2 tablespoonfuls of cream.  
1 gill of white stock.  
1 gill of milk.  
Lemon juice.  
Nutmeg, pepper, and salt.

Steam the potatoes, mash, and while in a stewpan over the fire mix in the butter, pepper, salt, and lastly well beat in the yolks of egg. Turn the mixture out on to a dish or slab and spread evenly one and a half to two inches in thickness. When quite cold, stamp out rounds

with a plain cutter, with a smaller cutter cut down half-way through the tops to form the lids. Brush well each croustad over with beaten egg, and cover with bread crumbs; fry them in some clean very hot frying fat till of a golden colour. Carefully lift off the covers, that were marked with the smaller cutter, and scoop out the potato from the insides, leaving a thin portion all round and on the bottoms to form the cases. Make a white sauce with the butter, flour, milk, and stock, add the cream, seasonings, and a little lemon juice. Cut the chicken, ham, mushrooms, and truffle into small dice, add to the sauce with the parsley. Heat up the mixture, but do not let it boil. Fill the croustads with the mixture, lay the covers on each. Dish them on a serviette or lace paper. Garnish with parsley and serve.

These potato cases may be used for a variety of mixtures, and are less rich than puff-paste patties.

### Fricassée of Chicken

1 chicken.  
1 small onion.  
Piece of carrot.  
Piece of celery.  
Bunch of herbs.  
6 peppercorns.  
Blade of mace.  
2 ozs. of butter.

2½ ozs. of flour.  
2 yolks of eggs.  
½ gill of cream.  
Salt and pepper.  
1 teaspoonful of lemon juice.  
Croûtons of bread.  
18 button mushrooms.  
Water or white stock.

Truss the chicken, place it in a stewpan and barely cover with water or stock; add the vegetables, cleaned and sliced, the herbs, mace, and peppercorns. Let it boil, then skim it, and allow it to simmer gently for about three-quarters of an hour. Take up the chicken and let it cool. Strain the stock. Melt the butter in a saucepan, add the flour, and stir on the stove for three minutes without allowing it to colour. Pour in the stock, mixing smoothly; stir it over the fire until it boils. If too thin, reduce by boiling. Beat up the yolks, cream, and lemon juice in a basin, pour the sauce into it, stirring at the same time; turn it back into the pan, stir it on the stove a few minutes, taking care it does not boil, or it will curdle. Now strain it and pour back into the saucepan; season with salt. Cut the chicken into neat joints, remove the skin, and place

the pieces in the sauce, and warm through. Skin and wash the mushrooms, cook them for five minutes in a saucepan with a little butter and a squeeze of lemon, then add them to the chicken. Fry some croûtons of bread, and stick a few on a hot dish, in a circle, with a paste of flour and water. Place the dish in the oven a few minutes to fasten the bread on. Then dish up the chicken in a pile in the centre of the croûtons, and pour the sauce over. Stick three or four croûtons between the chicken and serve.

### Legs of Chicken à la Wellington

Legs of 2 chickens.	6 peppercorns.
$\frac{1}{2}$ lb. of pork sausages.	Blade of mace.
Slices of cooked tongue.	Salad oil.
1 teaspoonful of chopped parsley.	$1\frac{1}{2}$ ozs. of flour.
1 onion.	1 pint of gravy.
Piece of carrot.	Pepper and salt.
Bunch of herbs.	Croûtons of bread.

This dish can be made with the legs of a chicken when the breast has been used for chicken cutlets or soufflé. Pull the sinews out of the legs and bone them. Mix the sausage meat with the parsley or a few pistachio nuts, pepper, salt, and the tongue cut into pieces about half an inch square. Fill the legs with this mixture, and fasten the ends. Make some oil hot in a pan, and fry the legs all over to a brown colour; put on to a plate, and fry the onions and the flour quite brown, add the gravy, stir until it boils; then put back the pieces of chicken, the carrot, herbs, peppercorns, and mace. The carcass and the wings, if not used, should also be put in. Allow it to simmer for one hour; season to taste. Dish up the legs, strain the sauce, and pour over. Garnish with the croûtons.

### Mayonnaise of Chicken

A cooked chicken.	Tarragon and chervil.
$\frac{1}{2}$ pint of Mayonnaise sauce (see p. 239).	Oil and vinegar.
2 hard-boiled eggs.	Pepper and salt.
Salad.	Aspic jelly.

The chicken can be boiled or roasted; when cold, cut it into neat joints, place in a basin, season with a little pepper, salt, oil, and vinegar. Wash and dry the salad

well, and cut into small pieces, chop a teaspoonful each of tarragon and chervil and mix with it. Mix a teaspoonful of vinegar and two teaspoonfuls of oil in a basin, with some pepper and salt ; toss the salad lightly in it, and pile up on a flat dish. Mix a little cream into some mayonnaise sauce, lay the pieces of chicken on a dish, and mask each piece with some sauce ; decorate the tops, if liked, with some tarragon, chervil, beetroot, or tongue cut into tiny shapes. Arrange the pieces of chicken on the salad, with the beetroot, or cucumber, and decorate round with the hard-boiled eggs cut into sections, and some aspic jelly cut into shapes.

### Casserole of Chicken

1 tender chicken.  
3 or 4 small onions.  
4 ozs. of streaky bacon.  
2 ozs. of butter.  
Piece of carrot.

1 bunch of herbs.  
 $\frac{1}{2}$  a lemon.  
12 button mushrooms.  
6 peppercorns.  
 $\frac{1}{2}$  pint of stock.

Truss the chicken for braising, spread the butter over it, place it in a casserole dish with the bacon cut small, the onions, carrot, herbs, and lemon juice ; put on the lid, and place on the stove for about fifteen minutes, turning it over during the time. Then add the peppercorns and stock, place the casserole in the oven and braise until the chicken is cooked ; time, about three-quarters of an hour. Then take up the chicken, draw the strings, strain the liquor, skim it and put back into the dish with the chicken and mushrooms. The latter must be cooked with a little butter and lemon juice. Place it in the oven for a few minutes, then serve.

### Poulet à la Romaine

1 chicken.  
2 cloves of garlic.  
1 small carrot.  
1 onion.  
1 lb. of tomatoes.  
 $\frac{1}{4}$  lb. of macaroni.  
Bunch of herbs.  
 $1\frac{1}{2}$  ozs. of butter.

$\frac{1}{2}$  gill of salad oil.  
 $\frac{1}{2}$  gill of jelly stock.  
1 glass of sherry.  
1 tablespoonful of grated cheese.  
1 teaspoonful of lemon juice.  
Cayenne, salt, and pepper.  
Croûtons.

Truss the chicken as for braising. Make the oil hot in a stewpan, place in the chicken, garlic, carrot, and herbs ; fry gently until the chicken is browned all over, time about

twenty minutes ; add the stock, cover the pan and place in a moderately hot oven until it is quite cooked ; time, about one hour. Make a stiff Tomato Sauce (p. 238), using half an ounce of the butter and the onion, adding lemon juice instead of the vinegar. Strain and skim the liquor from the chicken, add it to the tomato sauce, with cayenne, the sherry, salt, and three or four truffles cut into slices. Cut a slice of bread, large enough for the chicken to rest upon, trim the edges, fry, and stick it on a dish with a little flour and white of egg. Stand the chicken on the croûton, dish up the macaroni round and ladle the sauce over the chicken and macaroni.

To prepare the macaroni. Break the macaroni into two-inch lengths, boil it in water with a little salt until soft, drain it. Make the butter hot in a stewpan, put in the macaroni with salt, pepper, and cayenne to the taste, add the Parmesan cheese and warm it on the fire without mashing it.

### Pilau of Fowl

1 fowl.	6 peppercorns.
$\frac{1}{2}$ lb. of Patna rice.	3 cloves.
1 onion.	1-inch stick of cinnamon.
1 oz. of almonds.	Salt.
2 tablespoonfuls of raisins.	Paprika pepper.
$1\frac{1}{2}$ pints of white stock.	

Truss the fowl for boiling, place it in a pan with the stock, and let it simmer for half an hour. Wash the rice, dry it well in a cloth. Peel and chop the onion ; blanch, skin, and shred the almonds ; stone the raisins. Make a third of the butter hot in a pan and fry the onion to a golden colour, turn it on to a plate, heat the remainder of the butter, and fry the almonds and rice till coloured, add the onion and the spices tied in a piece of muslin, raisins, paprika and salt. Make a hole in the centre of the rice, lay the fowl in it, pour in part of the stock, let it simmer gently until the fowl and rice are quite cooked, adding more stock as the rice swells, turn the fowl over during cooking. When finished lift out the fowl, take out the string, season the rice, if necessary, and pile it round the fowl.

If preferred the fowl may be cut into neat joints and placed in the centre of the rice.

## Galantine of Chicken

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1 large fowl.                        | 2 hard-boiled eggs.   |
| $\frac{1}{2}$ lb. lean veal.         | 20 pistachio kernels. |
| 1 lb. pork sausages.                 | 2 or 3 truffles.      |
| $\frac{1}{2}$ lb. of tongue or ham.  | Carrot.               |
| $\frac{1}{2}$ oz. of aromatic spice. | Onion.                |
| $\frac{1}{2}$ teaspoonful of salt.   | Bunch of herbs.       |
| $\frac{1}{2}$ teaspoonful of pepper. | Stock.                |
| 1 teaspoonful of parsley.            |                       |

Pick and singe the fowl, cut off the head and neck leaving as much skin on as possible ; cut off the pinions, the skin round the end of drumstick, break the bone across by the joint, pull the lower part of leg to draw all the sinews out of the drumstick. Cut the flesh from the carcase starting from the neck end and turning the flesh back, taking care not to break the skin ; it is better to do this before drawing the carcase. Cut the skin down the back of the bird and lay it open on a board skin side downwards. Take out any sinews that may have been left in. Pass the veal twice through a mincing machine, skin the sausages and mix with veal, pepper, salt, and parsley. Sprinkle some of the spice over the fowl, then spread a layer of the sausage meat over it. Cut the eggs into quarters, the tongue or raw ham into strips, and the truffles into two, arrange these on the galantine so that when it is cut into slices it will show some of each colour. Sprinkle the skinned pistachios over, spread the remainder of sausage meat over the whole, then roll the neck end of the fowl over to the tail end, sew it together with needle and coarse cotton forming an even roll. Lay it on a serviette or pudding cloth, roll it up tightly, tie both ends with string and tack down the centre. Place it in a pan with sufficient hot white stock to cover it, add the vegetables and herbs, the carcase emptied and washed, and the giblets cleaned. Allow it to simmer gently for one and a half hours. Take it up, when it is slightly cool, untie and roll it up tightly in the cloth, place it between two dishes with a weight on the top. Strain and skim the stock and boil it down to glaze. When the galantine is cold take off the cloth, glaze it over two or three times, letting it dry on between each glazing, cut a piece off of each end,

place it on a dish and garnish it with large diamond-shaped pieces of aspic jelly, chop a little jelly and put around the dish, place a few sprigs of parsley or chervil about it.

### Lamb's Sweetbreads Larded and Braised

9 lambs' sweetbreads.  
 $\frac{1}{2}$  lb. of fat bacon.  
 1 onion.

$\frac{1}{2}$  carrot.  
 1 bunch of herbs.  
 1 pint of stock.

Soak the sweetbreads in water for half an hour, then put them in a stewpan, cover with cold water and bring to the boil. When boiled wash them in cold water, put them between two dishes with a small weight on the top to press. Then trim off all fat and insert small pieces of fat bacon along the tops, evenly, with a larding needle. Cut the carrot and onion into slices, lay on the bottom of a stewpan with the herbs, and any scraps of bacon left over. Grease a round of paper and place it over the vegetables, then lay the sweetbreads on the top. Pour in just sufficient stock to reach the sweetbreads, put on the lid and bring to the boil, then cook them gently in the oven until quite soft; time, about half an hour; take off the lid, and let the tops get a golden colour. Lift out the sweetbreads and keep warm; strain the stock and skim. Boil it until it becomes quite thick; pour a little over the sweetbreads. Dish them on some spinach or mashed potatoes, and pour the gravy round.

### Lamb's Sweetbreads à la Monico

7 or 8 sweetbreads (about  $\frac{1}{2}$  lb).  
 4 ozs. of lean cooked ham.  
 4 ozs. of larding bacon.  
 1 tablespoonful of brown sauce.  
 Chopped parsley.  
 Lemon juice.  
 1 thick cucumber.

1 oz. of flour.  
 1 oz. of butter.  
 1 shallot.  
 $\frac{1}{2}$  pint of stock.  
 Vegetables for flavouring.  
 Salt and cayenne.

Choose heart sweetbreads, soak them in cold water for one hour. Prepare lard, and cook them as for Lamb's Sweetbreads Larded and Braised. Cut the cucumber into pieces one and a half inches deep; they should be as broad as the sweetbreads, take off the peel and boil the pieces of cucumber gently in salted water, until a skewer will pass

easily through; drain them, stamp out the centre seedy portion. Pound the ham and pass it through a wire sieve, moisten it with the brown sauce, add cayenne. Fill the centres of the cucumber with this mixture. Place them on a tin with a tablespoonful of stock, cover them with greased paper, place them in the oven for ten minutes to get thoroughly hot. When the sweetbreads are cooked place them upon a tin with a tablespoonful of the stock, put them into the oven to dry, then brush them over with some glaze, return them to the oven for five minutes, glaze them again if necessary, then sprinkle the chopped and blanched parsley over them. Dish up the cucumber on a bed of spinach or mashed potatoes, place a sweetbread on each piece of cucumber and pour round a good brown sauce made with the liquor from the sweetbreads, and fried shallot, cayenne, and lemon juice to flavour.

### Friandines of Sweetbread

Puff paste.  
6 lambs' sweetbreads.  
6 or 7 button mushrooms.  
1 oz. of flour.  
1 oz. of butter.  
 $\frac{1}{2}$  pint of white stock.

1 tablespoonful of cream.  
1 onion and a piece of carrot.  
Small bunch of herbs.  
Pepper, salt, and nutmeg.  
Beaten egg and panurette.  
Slice of bacon.

Blanch and trim the sweetbreads; slice the onion and the carrot, and lay with the herbs on the bottom of a stewpan; cover with a slice of bacon, place the sweetbreads on the bacon, pour in the stock, and stew them gently until they are cooked, then cut them into dice. Strain the stock, and use to make a rather stiff white sauce with the butter, flour, and cream; season to taste. Cut the mushrooms into dice and add with the sweetbread to the sauce. Roll the pastry out rather thinly, and stamp out some rounds with a small fluted cutter. Lay a large teaspoonful of the mixture upon each, wet the edges and cover with another round of paste, pressing them together with the top of a cutter. Brush them over with egg, and cover with panurette or rusk crumbs. Fry them for about two minutes in hot fat without darkening the colour of the crumbs. Dish them piled high on a serviette, and garnish with fried parsley. Some white sauce may be served in a sauceboat.

## Cromeskies of Sweetbreads

$\frac{1}{2}$ lb. of lamb's sweetbreads.	$1\frac{1}{2}$ ozs. of flour.
3 ozs. of cooked ham.	$\frac{1}{2}$ pint of stock.
2 truffles.	Vegetables for flavouring.
$\frac{1}{2}$ teaspoonful of chopped parsley.	Pig's caul.
1 oz. of butter.	Seasonings.
	Frying batter.

Soak the sweetbreads in cold water for one hour, then blanch them. Cut a little carrot, celery, and onion into slices and lay them in a stewpan, with a small bunch of herbs, place the sweetbreads on them, pour in the stock and stew them gently until quite cooked, from half to three-quarters of an hour. When they are cold cut into thin pieces about one inch square ; cut the ham and truffles the same size. Brown the butter and flour in a stewpan, strain the stock from the sweetbreads, pour in, stir until it boils and thickens. Season with cayenne, pepper, salt, and nutmeg ; add the sweetbread, ham, truffle, and parsley ; turn on to a plate until cold. Wash the caul in a little warm water and, if rather fat, flatten with a chopper. Cut it into pieces about four inches square, place a spoonful of the mixture upon each, and fold them over to entirely cover the mixture. Dip them in some frying batter and fry them in some hot fat until of a brown colour ; drain and dish up on a serviette and garnish with fried parsley.

## Soufflés of Veal à la Portugaise

8 medium-sized tomatoes.	1 gill of milk.
8 ozs. of veal cutlet.	1 egg.
3 ozs. of tongue.	2 tablespoonfuls of cream.
1 oz. of butter.	2 tablespoonfuls of brown sauce.
$1\frac{1}{2}$ ozs. of flour.	Pepper, salt, and nutmeg.

Scrape the veal finely and pound it well in a mortar. Melt the butter in a saucepan, add the flour, stir over the fire without colouring for two minutes, add the milk and stir until it boils, turn it out, and when cold mix with the veal in the mortar, then pass it through a wire sieve with a wooden spoon. Put the mixture into a basin, add the yolk of the egg and seasonings, and stir well. Beat up the white of the egg to a froth, and stir in lightly with the cream. Dip each tomato into boiling water to loosen the skin, skin it ; cut a small round piece out of the tops and scoop out

the insides. Place the veal mixture into a forcing bag, and three parts fill the tomatoes with it, make a hole in the centre of the veal and fill with the tongue, that has been well pounded and passed through a sieve, or cut into tiny dice and mix with the brown sauce. Squeeze more of the veal mixture over the top to quite fill the tomatoes, make them smooth, and decorate the tops with some tongue cut into tiny fancy shapes. Stand the tomatoes in tartlet tins in a steamer, cover them with buttered paper, and steam for twenty minutes ; then dish upon a stand of mashed potatoes or spinach, and pour some Béchamel sauce round.

### Timbale of Veal à la Milan

10 ozs. of veal cutlet.  
4 ozs. of panada.  
2 tablespoonfuls of cream.  
3 eggs.  
2 ozs. of macaroni.  
3 or 4 slices of cooked tongue.

Pepper and salt.  
Lemon and rind.  
Cayenne.  
Green peas.  
Velouté sauce.

Butter a timbale mould, stamp out some star shapes of tongue and place round the bottom of the mould. Boil the macaroni quite tender and cut it into pieces about one-third of an inch in length, and line the inside of the mould with them, placing the cut end of macaroni against the mould. Scrape the veal from the skin, pound it, then add the panada, yolks of the eggs, and seasonings, pass through a wire sieve. Well mix in the cream, beat the whites of the eggs to a stiff froth and stir in lightly. Test a little for the flavour as for quenelles. If too firm, add a little more cream or white sauce. Fill the mould with this mixture, using a forcing bag not to disarrange the macaroni. Cover the top with buttered paper and steam gently for thirty minutes, turn it out on to an entrée dish, fill the centre with green peas mixed with butter, pepper and salt. Pour some Velouté sauce round.

### Quenelles of Veal

12 ozs. of veal cutlet.  
1½ ozs. of butter.  
2 ozs. of flour.

1½ gills of milk.  
1 whole egg and 1 yolk.  
Pepper, salt, and nutmeg.

Make a panada by stirring the butter and flour together in a saucepan on the fire for two minutes, then add the milk,

and stir over the fire until it boils, turn it out on to a plate to get cold. Cut the veal very small, pound it well in a mortar, add the panada, and mix well, then pass all through a wire sieve. Then thoroughly mix with the eggs and seasonings. To determine if it is of the right consistency and sufficiently seasoned, test by rolling a small portion in a little flour, then drop it into some boiling water for five minutes ; take it out and taste. Shape the quenelles with two dessertspoons thus : fill one spoon with the mixture, smooth the top with a knife dipped into hot water, then dip the other spoon into hot water and scoop the mixture from the first spoon and place it on a sautépan. When all the quenelles are made, sprinkle a little salt in the pan and carefully pour in enough boiling water to cover the quenelles. Cover the pan with a lid or plate, stand the pan on the stove to let the water just simmer for ten minutes. Lift the quenelles out and drain on a cloth, dish them up in a circle, and fill the centre with some button mushrooms, and pour over a good white sauce with a little lemon juice in it.

These quenelles can be served with a variety of sauces or garnishes. They look tempting if served with spinach in the centre and tomato sauce poured over.

### Veal à la Marengo

1 lb. of breast of veal.

1 lb. of tomatoes.

2 onions.

6 or 8 mushrooms.

1 tablespoonful of flour.

$\frac{1}{2}$  pint of stock or water.

1 bunch of herbs.

3 or 4 tablespoonfuls of salad oil.

1 tablespoonful of sherry or some  
lemon juice.

Salt.

Cayenne.

6 eggs.

Croûtons of fried bread.

Cut the veal into pieces and toss in the flour ; pour some oil into a stéwpan, and when quite hot put in the veal, and fry quickly to a brown colour, turning it about with a spoon, then place it on a plate ; pour a little more oil into the pan, peel and slice the onions, fry them, add the tomatoes sliced, and the stock, stir until it boils, return the veal with the herbs, allow it to simmer slowly until the meat is cooked, which will take about three hours. Lift out the veal and keep it warm, take out the herbs and pass the remainder through a sieve. Put it back into the stéwpan with the veal, add the mushrooms peeled and washed, let the whole

simmer for ten minutes, season to taste with salt, pepper, cayenne, and the sherry or lemon juice. Dish up rather high, and garnish round with fried croûtons of bread, and eggs fried in oil; some of the white of the egg can be drained from the yolk before frying.

### Veal Cutlets and Tomato Sauce

$\frac{3}{4}$ lb. veal cutlet.	6 tablespoonfuls of bread crumbs.
2 ozs. of lean cooked ham chopped.	8 or 9 small slices of fat bacon
1 teaspoonful of chopped parsley.	Beaten egg.
	$\frac{1}{2}$ pint of tomato sauce.

Cut the veal into eight or nine slices, as nearly as possible of the same size, flatten them with a broad knife or chopper. Mix the crumbs, ham, and parsley together. Brush the cutlets all over with the beaten egg and cover with the crumbs; flatten the crumbs on with a knife. Cut the bacon into pieces a little larger than the cutlets, and fry it; put it on to a plate and keep it warm. Fry the cutlets in the bacon fat to a rich colour on both sides, from four to five minutes. Dish the veal up in a circle on some mashed potatoes, placing a slice of bacon between each cutlet. Pour the sauce round. (See recipe for Tomato Sauce.) Half a pound of tomatoes would make sufficient sauce.

If preferred, a thick gravy or brown sauce may be served instead of tomato.

### Grenadins of Veal

1 lb. veal cutlet.	1 pint of stock.
About 3 ozs. of larding bacon.	Lemon juice.
$\frac{1}{2}$ a small carrot.	Salt.
1 onion.	Mashed potatoes.
2 pieces of celery.	Beans or peas.
Bunch of herbs.	

Cut the veal into seven or eight cutlet-shaped pieces, of the same size, press them a little with a cutlet bat. Cut the larding bacon into narrow strips and lard the fillets closely with them. Make a little fat hot in a pan and quickly fry the fillets a little on both sides to colour them. Lay the vegetables, cut into slices, with the herbs in a stewpan or casserole. Place the fillets on the top of the vegetables and squeeze a little lemon juice over each. Pour in stock to come half-way up the fillets, cover them with a round of

buttered white paper, place the lid on and put to boil, then let them simmer slowly in the oven for about one hour, or one and a quarter hours, occasionally basting them. When done, lift them up and keep warm. Strain the liquor, place it over the fire with the remainder of the stock, boil quickly in order to reduce it, and season. Place the mashed potatoes neatly down the centre of a dish, lay the fillets on it, one slightly overlapping the other. Brush them over with a little glaze, or pour a little of the gravy over each to make them look shiny. Place beans (cut into diamond-shaped pieces and boiled) in heaps both sides and the two ends of the dish and ladle the gravy round.

### Calf's Brains à la Milanaise

2 sets of brains.

1 onion.

Piece of carrot.

Piece of celery.

Juice of  $\frac{1}{2}$  lemon.

Parsley, thyme, and bayleaf.

1 dessertspoonful of vinegar.

Salt, pepper, and cayenne.

1 lb. of tomatoes.

2 ozs. of butter.

2 ozs. of macaroni.

1 tablespoonful of Parmesan cheese.

Fried croûtons of bread.

Frying batter.

Soak the brains in salt and water for fifteen minutes, then wash them and lay them in a saucepan with a little salt and the vinegar; cover with cold water, then place it on the fire, and allow it to come to the boil, then lift the brains out and lay in cold water for a few minutes. Cut each brain into two or three slices, put them into a basin with the herbs and the vegetables cut thinly in between, squeeze the lemon over. Let them remain for about one hour or longer. Boil the macaroni until quite tender, cut it about two inches in length; melt one ounce of the butter, put in the macaroni, the grated cheese, cayenne, pepper and salt, and keep warm. Make a tomato sauce with the remainder of the butter, tomatoes, and the vegetables that are with the brains. Drain the brains, and dip three or four pieces into some frying batter (p. 343), and drop them into some very hot fat to fry till of a golden colour, about three minutes, drain them well. Stick some fried croûtons on to a dish, with a mixture of flour and egg; place the macaroni in the centre, pile the brains on the top, pour a little tomato sauce round and the remainder in a sauceboat. Serve very hot.

## Calf's Brains Fried and Piquante Sauce

Prepare the brains in the same manner as in the preceding recipe. Dish them upon a serviette garnished with fried parsley, and serve some piquante sauce in a sauceboat.

## Calf's Head en Tortue

$\frac{1}{2}$  calf's head.  
 1 carrot, 2 onions, and 1 leek.  
 1  $\frac{1}{2}$  ozs. of butter.  
 2 ozs. of flour.  
 1 oz. of raw ham.  
 12 peppercorns and a blade of mace.  
 Large bunch of herbs (thyme, parsley, marjoram, and bay-leaf).

3 or 4 cloves.  
 5 or 6 tomatoes.  
 Stuffed olives.  
 Quenelles of veal.  
 12 button mushrooms and croûtons of bread.  
 Lemon juice, or sherry.  
 Salt and cayenne.  
 Dessertspoonful of bovril.

Place the head to soak for five or six hours in water with a dessertspoonful of salt ; then wash it well and take out the brains and tongue. Bone the head. Put the bones, meat, and tongue into a stewpan, cover with water and let it come to the boil, then strain off the water. Cover again with water, add the vegetables and herbs. Bring to the boil, and then let it simmer gently. The tongue will take about one hour to cook. When the meat is quite tender (about three and a half hours), lift it out and press between two dishes until quite cold. Melt the butter in a pan, add the ham cut small, and fry for a few minutes, then stir in the flour and fry till quite brown. Take it off the stove, and add about one and a half pints of stock strained from the bones, and the tomatoes cut up, then stir over the fire until it boils ; let it simmer gently for twenty minutes. Skim and strain it, and put back into the stewpan. Add the bovril (this can be omitted if stock meat is cooked with the head), season with salt and cayenne, the sherry, or lemon juice. Cut the head into pieces about two inches square, and put into the sauce, also the tongue skinned and trimmed ; put in the mushrooms. Let it stand on the stove for twenty minutes to warm through. Stick some croûtons on a dish in a circle, with a little flour and water. Blanch the brains in water containing a dessertspoonful of vinegar, and some salt ; cut into slices and keep warm. Stone a few olives, and stuff them with one ounce of ham and two anchovies

pounded together. Put these to warm with about twelve small veal quenelles. Dish the head in the centre of the croûtons, and garnish with brains, quenelles, and olives.

### Calf's Feet à la Piquante

2 or 3 calf's feet.	12 French olives.
2 onions.	12 button mushrooms.
$\frac{1}{2}$ lb. of tomatoes.	$1\frac{1}{4}$ ozs. of flour.
2 or 3 tablespoonfuls of salad oil.	2 quarts of stock.
Bunch of herbs.	Force meat balls.
1 oz. of cooked ham.	Pepper and salt.
1 oz. of raw ham.	Cayenne.
1 filleted anchovy.	Juice of $\frac{1}{2}$ lemon.
	Fried croûtons.

The calf's feet are to be cooked in a similar manner as for Calf's Feet Soup (p. 71), also the forcemeat balls.

Slice the onions and fry to a brown colour in some of the oil, turn them out of the stewpan. Pour more oil in the pan, chop the raw ham or bacon, and add with the flour. Fry quickly to a brown colour, then add the tomatoes, which have been washed and sliced, stir for one minute over the fire, add the onions, herbs, and one pint of the stock, in which the feet have been cooked. Stir until it boils, allow it to simmer twenty minutes, well skim, pass it through a sieve and return it to a stewpan. Cut the meat from the feet into pieces about two inches square, place in the sauce, season well, adding the lemon juice, or, if preferred, sherry can be used instead of, or with some lemons. Allow it to simmer very gently for twenty minutes. Clean the mushrooms, cut them into two or three pieces, and add them to the meat. Pound the cooked ham with the anchovy and a little cayenne, and if the ham is lean a little butter, pass through a sieve. Stone the olives and place this mixture inside them. Warm them in a little stock.

Prepare forcemeat balls as for calf's feet soup, but a little larger.

Stick, with some water or white of egg and flour, some fried croûtons in a circle on a dish. Place the calf's feet in the centre, arranging the forcemeat balls and the olives about it, and the sauce around.

This dish is conveniently and more economically made in conjunction with calf's feet soup, allowing one to four

days (according to the weather) to elapse between serving the two dishes.

The bones from the calf's feet can be cooked again for one day in the stock pot, as more gelatine can be still extracted from them.

### Fried Mutton Cutlets

Best end of neck of mutton.	1	teaspoonful	of	chopped
6 tablespoonfuls of bread crumbs.				parsley.
2 ozs. of cooked lean ham, chopped.				Beaten egg.

Take the chine bone off the mutton, and saw through the bones, leaving them about five inches in length. Lay the mutton, the bone side upwards, on a board, cut through between each bone. Trim some of the fat off each cutlet, and cut the meat off the thin end, leaving one inch of the bone quite bare. Flatten a little with a broad knife or a chopper. Trim them again neatly. Mix the bread crumbs, ham, and parsley together on a sheet of paper. Then brush each cutlet all over with the beaten egg and cover with the crumbs. Press the crumbs on each cutlet with a knife. Make about one ounce of butter or dripping hot in a pan, put in the cutlets, fry them rather quickly on both sides till of a rich brown colour; then dish them up in a circle on some mashed potatoes or spinach, and pour either a brown sauce or good gravy round.

### Cutlets of Mutton à la Provençale

Best end of neck of mutton.	2	yolks of eggs.
3 onions.	$\frac{1}{2}$	teaspoonful of chopped parsley.
$\frac{1}{2}$ oz. of butter.	2	tablespoonfuls of bread crumbs.
$\frac{1}{4}$ oz. of flour.	$\frac{1}{2}$	tablespoonful of grated Parmesan cheese.
2 ozs. of cooked ham.		Pepper and salt.
$\frac{3}{4}$ gill of milk.		

Cut the mutton into seven or eight cutlets, and fry them for one and a half minutes on one side only. Put them between two dishes with a weight on the top to press. Peel and quarter the onions, boil them in the milk until quite soft; then strain and pass them through a sieve. Melt the butter in a saucepan, add the flour, and stir over the fire for two minutes, without allowing it to colour. Add the milk from the onions, and stir over the fire until it boils. Then

put in the yolks, and stir briskly over the fire for another minute. Add the onion purée, the ham chopped finely, the parsley, pepper and salt to taste; turn it on to a plate to get cold. When cold divide it into equal portions, one for each cutlet; spread it smoothly over the cooked side of the cutlets. Mix the cheese and crumbs together and sprinkle over the cutlets. Place some pieces of butter on the tops. Make a little butter hot in a frying-pan or tin. Put the cutlets in and fry for one minute over the fire, then put them into a hot oven for six or seven minutes to brown the tops nicely. Dish them on some mashed potatoes and pour some very good gravy round.

### Cutlets of Mutton à la Milanaise

Best end of neck of mutton.

2 ozs. of macaroni.

2 ozs. of lean cooked ham.

$\frac{1}{2}$  lb. of tomatoes.

$\frac{1}{2}$  oz. of butter.

1 tablespoonful of grated Parmesan cheese.

Pepper and salt.

Paprika pepper.

Egg and bread crumbs.

Mashed potatoes.

Half glaze.

Cut and trim the mutton into neat shaped cutlets, brush them over with beaten egg and cover with crumbs.

Break the macaroni into one and a half inch lengths, boil it in salted water until tender, then drain. Press the tomatoes through a sieve. Cut the ham into strips of the shape of matches. Make the butter hot in a pan, add the macaroni, seasonings, ham, and the tomato pulp. Shake gently over the fire until thoroughly hot. Fry the cutlets quickly on both sides, drain, and dish them in a circle on some mashed potatoes on a dish. Add the cheese to the macaroni, shake over the fire for half a minute, then dish up in the centre of the cutlets. Pour some half glaze round.

### Mutton Cutlets à la Rachel

7 cutlets.

3 ozs. of calf's liver.

3 ozs. of fat bacon.

1 shallot chopped.

Pinch of mixed herbs.

$\frac{1}{2}$  teaspoonful of chopped parsley.

4 allspice.

Cayenne.

Lemon juice.

Salt and pepper.

4 or 5 small mushrooms.

Pig's caul.

Mashed potatoes.

Gravy.

Prepare some thin cutlets and fry them quickly, for half

a minute on one side only, and lay them between two dishes to press, with a small weight on top. Wash the liver and cut it into small squares. Peel, wash, and cut the mushrooms small. Crush the allspice and sprinkle on the top of the liver. Cut the bacon small and fry it for a few minutes in a stewpan, lift out the pieces and place in a mortar, leaving the liquid fat behind, make the latter very hot, add the shallot and liver, fry quickly, turning it about for two or three minutes, then add the mushrooms and herbs, stir for one minute longer, take it off the fire, season with cayenne, salt, pepper, and a squeeze of lemon juice, turn the mixture into the mortar with the bacon, pound it well. When the mixture is quite cold divide it into even portions, one for each cutlet, spread it neatly on the cooked side of the cutlets, wrap a piece of pig's caul over each, letting the join be underneath. Lay them, the stuffed side uppermost, in a frying-pan, which has in it a little hot fat, fry them quickly on the fire for half a minute, then place the pan in a hot oven for six or seven minutes. Brush the top of the cutlets with glaze, dish them in a line on some mashed potatoes on a flat dish, and pour some very good gravy round.

If pig's caul is not available, use some lamb's leaf fat or very thin slices of fat bacon.

### Cutlets of Mutton à la Choiseuil

7 mutton cutlets.	Pig's caul.
4 ozs. veal cutlet.	Pepper and salt.
3 ozs. of panada.	Cayenne.
9 button mushrooms.	Egg and bread crumbs.
$\frac{1}{4}$ teaspoonful of mixed herbs.	Lemon juice.

Prepare the cutlets, cutting them rather thin. Make the panada with bread and stock (p. 233), let it cool. Pound and pass the veal through a sieve. There should be three ounces when finished. Thoroughly mix it with the panada. Chop the mushrooms and add with pepper, salt, cayenne, and a little lemon juice. Divide this mixture, a portion for each cutlet; lay it on the top side of the cutlets evenly, cover over each cutlet a piece of the caul, brush them over with beaten egg and cover them with some crumbs, shake all loose crumbs off. Make about half an ounce of butter

very hot in a frying-pan or baking tin, lay the cutlets in, the stuffed side uppermost first, fry for one minute on both sides to colour them, then place them in a moderately hot oven for five minutes, or a little longer if the cutlets are not very thin.

Dish them up in a circle on some mashed potatoes and pour the following sauce round.

Fry a chopped shallot in half an ounce of butter, add half an ounce of flour, stir over the fire until it is brown, add two small tomatoes, washed and cut in slices, and one and a half gills of stock, allow it to simmer for ten minutes; strain and season with pepper, salt, and cayenne.

### Cutlets of Mutton with Chestnut Purée

7 or 8 cutlets.

1 lb. chestnuts.

1 oz. of cooked lean ham.

1 teaspoonful of chopped parsley.

1 yolk of egg.

Glaze.

2 ozs. of butter.

Cayenne.

Salt.

Gravy.

Fried potato balls.

Egg and bread crumbs.

Slit the chestnuts, place in a hot oven for a few minutes to loosen the skins, shell them and take off the inner skin. Put them in a saucepan with sufficient gravy to cover, and half a teaspoonful of salt. Boil them until tender, then drain and pass the chestnuts through a sieve. Chop the ham finely, add with one ounce of butter to four ounces of the chestnut purée, season with cayenne, salt and pepper to taste. Add the yolk of egg and mix well. Trim the cutlets neatly, make some butter very hot in a frying-pan, cook the cutlets for one minute on the right side only, then arrange them flat on a dish, cover with another with a small weight on top, and leave in press until quite cold. Divide the purée into equal portions for each cutlet, and spread it evenly over the cooked side of the cutlets, brush them well with beaten egg and cover with bread crumbs. Make the remainder of the butter hot in a frying-pan and fry the cutlets quickly on both sides, then place them in the oven for five minutes. Dish them up in a circle on some mashed potatoes; fill the centre with fried balls of potatoes, cut about the size of marbles, and sprinkle with chopped

parsley. Pour some good gravy, which has a piece of glaze about the size of a walnut added, round the cutlets.

### Cutlets of Mutton à la Barigoule

7 mutton cutlets.  
4 ozs. of veal.  
2 ozs. of cooked ham.  
1 oz. of butter.  
1 oz. of flour.  
Fat bacon.  
 $\frac{3}{4}$  of gill of gravy.

6 or 7 button mushrooms.  
1 shallot.  
1 truffle.  
Yolk of egg.  
Parsley.  
Lemon juice.  
Pepper and salt.

Cut some small cutlets, and fry them for half a minute in a little hot fat in a frying pan on the right side only. Chop finely the shallot, fry it in the butter for half a minute, then add flour and stir until it turns brown, add the gravy, and stir until it boils; let it get cold. Pound the veal in a mortar, add the sauce and yolk of egg, pass it through a wire sieve. Chop finely the ham, cut the truffle and mushrooms into small dice, and thoroughly mix them with the veal; add pepper, salt, and half a teaspoonful of lemon juice. Divide the mixture into equal portions and spread evenly on the cooked side of the cutlets. Cut some pieces of fat bacon large enough to cover the cutlets, fold over each with the ends underneath. Make about one ounce of fat hot in a pan, lay the cutlets in and place it in a hot oven for six to eight minutes, according to the size of the cutlets. When cooked, brush them over with glaze and sprinkle some finely-chopped blanched parsley over each. Dish them up on a bed of mashed potatoes and pour some very good gravy round.

### Loin of Mutton à la Française

1 medium-size loin of mutton.  
4 chicken livers.  
2 ozs. of ham or bacon.  
2 ozs. of bread crumbs.  
1 egg.  
1 or 2 shallots.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
 $\frac{1}{2}$  teaspoonful of mixed herbs.  
Cayenne and salt.  
Lemon rind grated.  
Pepper.  
Egg and bread crumbs.

Bone the mutton, cutting from the thick end, which will leave a long gap between the under-cut and the top part. Trim off any excess of fat, and cut the skin off the

top. Wash and dry the livers and chop them, chop the bacon and the shallots. Fry the bacon for three minutes, take it out of the pan, leaving the melted fat behind, fry the shallots for one minute in the bacon fat, then add the livers, stir over a sharp fire for three or four minutes; turn out and pound with the bacon in a mortar; then add the bread crumbs and seasonings, mix and bind altogether with a beaten egg. Place this mixture into the gap from which the bones were cut, fasten the mutton in a neat roll with skewers and string. Wrap it in some greased white paper. Roast or bake it from three-quarters to one hour according to the size, basting frequently. Take up the mutton, free it from paper and string, brush it all over with beaten egg and cover with bread crumbs. Place it on a tin with some pieces of butter or dripping on the top, put into a hot oven to brown a rich colour. Lay it on a dish with a little good gravy poured round, and serve the remainder of the gravy in a boat.

*For the Gravy.*—Chop the bones very small, peel and slice an onion. Make half an ounce of fat hot in a stewpan, put in the onion and bones and fry to a brown colour, add one pint of water or stock; if water be used, add some herbs and carrot, simmer it slowly from one to two hours. Thicken the gravy with a dessertspoonful of baked flour. Season with salt, and strain it.

### Sheep's Tongues à la Piquante

4 or 6 sheep's tongues.	$\frac{1}{2}$ carrot.
12 French olives.	1 onion.
12 Small mushrooms.	1 shallot.
1 oz. of butter.	Bunch of herbs.
$1\frac{1}{2}$ ozs. of flour.	Stock or water.
1 oz. of scraps of bacon or ham.	Cayenne and salt.
2 tomatoes.	Chopped parsley.
Lemon juice.	Croûtons.

Well wash and cut away rough pieces off the root of the tongues. Put them into a stewpan, cover with boiling stock or water, add the carrot, onion, and herbs to flavour, allow them to boil gently until they are tender and the skin peels off easily. Time, from one and a half to two and a half hours. Take them up, skin and trim the roots evenly. Strain and skim the stock. Make the butter hot in a

stewpan, add the shallot chopped, also the bacon, stir over the fire for two minutes, then add the flour; stir until it is quite brown; wash the tomatoes, cut them and add with about three gills of the stock; stir until it boils, simmer gently for fifteen minutes, strain, and well season with lemon juice, cayenne, pepper, and salt. Stone the olives and add them to the sauce. If the mushrooms are raw, they must be peeled, washed, and cooked in a pan with a little butter, lemon juice, pepper, and salt; cut each into two or more pieces, if large, and put into the sauce. Cut some triangular-shaped pieces of bread, one for each tongue, fry them. Stick them on to a hot dish with a paste of flour and water, or white of egg, in the form of a star, so that a tongue may be placed between them, roots at the centre of dish, the tips to the rim of the dish, and kept upright. The dish must be placed in a hot oven for a minute or two to firmly fasten on the croûtons. Dish up the tongues, ladle some of the sauce over each, and sprinkle them over with chopped parsley. Ladle the remainder of sauce round, placing some of the olives and mushrooms in centre.

### Soufflés of Beef

8 ozs. of lean beef.  
 $1\frac{1}{2}$  ozs. of butter.  
 $1\frac{1}{2}$  ozs. of flour.  
 1 gill of stock.  
 2 eggs.

2 tablespoonfuls of cream.  
 Pepper and salt.  
 $\frac{1}{2}$  lb. of small mushrooms.  
 Lemon juice.  
 $\frac{1}{2}$  pint of brown sauce.

Make a panada (the same as for Quenelles of Veal) with the flour, one ounce of butter and the stock, and put it to cool. Cut the beef in small pieces, pound it well, add the panada, pound again, then pass all through a wire sieve. Put the meat into a basin, add the yolks of the eggs and seasonings, mix thoroughly, add the cream and then the whites of eggs whipped stiffly; test it by rolling a little in flour and dropping into boiling water for five minutes. Peel and wash the mushrooms and chop them finely, make the butter hot in a saucepan, add the mushrooms, lemon juice, salt, and pepper. Well butter some small moulds, half fill them with the beef mixture by squeezing it through a forcing bag, dip a finger into hot water and press the beef,

making a hole in the centre, fill this space with the mushrooms, then fill the remainder of the mould with the beef. Stand the moulds in a steamer, cover the tops over with some greased paper, and steam them for about half an hour. Turn them out, serve on a stand of mashed potatoes, and pour a brown sauce flavoured with mushrooms over.

### Fillets of Beef à la Windsor

6 small fillets of beef.	1 oz. of butter.
2 ozs. of cooked lean ham.	2 chopped gherkins.
1 tablespoonful of brown sauce.	1 chopped shallot.
Bread crumbs.	Cayenne.
Mashed potatoes.	Yolk of egg.
	Gravy.

Cut the fillets about three-quarters of an inch in thickness, trim them neatly, fry them quickly on one side for about half a minute, place them between two dishes, with a small weight on top, until cold. Well pound the ham, add sauce and butter to moisten; then mix in the yolk, shallot, gherkins, and season to taste. Spread this mixture over the cooked side of fillets, sprinkle some crumbs or panurette over the tops, and lay some pieces of butter on them. Make some fat hot in a pan, lay the fillets in and fry quickly for half a minute; then place the pan in a hot oven for four or five minutes (the beef should be rather underdone). Lay some mashed potatoes down the centre of a dish, the width of the fillets, dish the fillets in a line, one slightly overlapping the other, on the potatoes, pour some very good gravy round.

### Fillets of Beef à la Provençale

7 or 8 small fillets of beef.	4 or 5 small tomatoes.
Larding bacon.	1 tablespoonful of crumbs.
Onion.	4 or 5 anchovies.
Carrot.	1½ ozs. of lean cooked ham.
Celery.	1 oz. of butter.
Bunch of herbs.	Parsley.
Stock.	Piece of glaze.
Mashed potatoes.	Cayenne and salt.

Eight small round fillets could be cut from about one and a quarter pounds of lean fillet of beef. Cut some fat

bacon into narrow strips and lard the fillets closely and evenly. Place a few slices of carrot in a stewpan with the onion sliced, celery, and the herbs. Arrange the fillets on the vegetables, pour in some stock to barely cover fillets. Place a piece of buttered paper over the meat. Cover the pan, put it on the fire to come to boiling-point, then place the pan in a moderate oven to cook very gently until the fillets are tender, basting occasionally with the liquor. Time, about one hour. Take up the fillets and place on a baking sheet, put into the oven a few minutes, then brush them over with melted glaze; put them back in the oven for one minute, then glaze them again. Strain and skim the liquor from the fillets, add a piece of glaze and season to taste. While the fillets are cooking, wash the tomatoes, cut across into halves, scoop out the pulp, and pass it through a sieve. Chop the anchovies and ham very finely, mix with the bread crumbs and butter, season with cayenne and salt, mix in the pulp. Fill the tomatoes with this mixture, place them in a hot oven for five minutes; then sprinkle blanched and chopped parsley over the tops. Spread some mashed potatoes down the centre of a dish. Place the fillets on it, one partly overlapping the other. Place the tomatoes round the potatoes and pour the prepared gravy round.

### Beef à la Mode

4 or 5 lbs. of topside of beef.  
2 calf's feet.  
1 quart of stock.  
6 ozs. of fat bacon.  
20 new carrots or 3 old ones.  
12 small onions.  
6 new turnips or 1 old one.  
12 peppercorns.

Blade of mace.  
3 cloves.  
Dessertspoonful of cornflour.  
Teaspoonful of chopped parsley.  
 $\frac{1}{2}$  pint of red wine or the juice of  
1 lemon.  
Salt and pepper.

Wash the calf's feet, place them in a saucepan covered with cold water, allow them to boil, throw away the water and wash them again. Choose a thick piece of beef with very little fat, wipe it with a damp cloth. Cut the fat bacon into long strips and pass them into the beef, using a large larding needle. Tie the meat into shape. Put any scraps of bacon, that may be left over, with a little dripping

into a pan ; when hot, put in the beef, a large onion and carrot, cut into three or four pieces, the bunch of herbs, with the spices tied inside. Brown the beef all over, then add the wine or lemon juice, the calf's feet, and sufficient of the stock to barely cover the beef. Let the meat simmer very slowly for four or five hours, according to the thickness. The calf's feet should be like a jelly. The flavour is much better if the pan is placed in the oven, taking care the meat does not cook too quickly ; when quite tender, lift it on to a deep baking tin. Bone the calf's feet and cut the flesh into about three inch squares, and place them with the beef, with a little of the stock, into the oven to colour the meat, if necessary. Strain and skim the stock, reduce it, if too much to serve with the beef, thicken it with the cornflour. (It should not be as thick as ordinary sauce.) Season to taste.

Place the beef on a dish with the pieces of calf's feet around, between which, place the vegetables, previously cooked. Ladle the gravy over the beef and vegetables, and sprinkle chopped parsley over the vegetables and feet. The remainder of the gravy can be served in a sauceboat.

### Pickle for Spiced Beef

Beef from 14 to 16 lbs.

1½ lbs. of salt.

½ lb. of treacle or coarse sugar.

2 ozs. of saltpetre.

12 cloves.

1 oz. of pepper.

1 oz. whole allspice.

½ a grated nutmeg.

Take a round of beef, or a piece of topside or brisket, quite fresh. Rub it well with salt, leave it for twenty-four hours, drain and wipe it.

Pound the cloves. Well rub the beef all over with the saltpetre, treacle, cloves, pepper, nutmeg, and allspice. Leave for twelve hours. Then well rub it with the salt. The meat must be rubbed and turned over in the pickle each day for one week. After seven or ten days it can be cooked, or it can be kept in pickle for three weeks, turning it over each day. When cooking it must be washed and put on in cold water. The beef can be kept for a few months, if, when taken out of the pickle it is wiped quite

dry and hung up from a beam in the kitchen for a fortnight, or until thoroughly dry. Or it can be smoked over a wood fire similar to hams.

## Pressed Spiced Beef

Pickled beef.  
2 large onions.  
Bunch of herbs.

1 carrot.  
 $\frac{1}{2}$  stick of celery.  
Water.

Pickle the beef for a week, or it can be bought from the butcher ready pickled. Wash it well and put it on covered with warm water. Add the vegetables cleaned, and allow it to come slowly to the boiling-point. Then let it simmer gently until quite tender. Time, at least twenty-five minutes to each pound after it has boiled. Take it up. If the joint is a large one, it can be tied and cooked in a cloth. Pull out any bones or gristle, tie it into shape, using either wide tape or a cloth. If it is a brisket, it can be placed in a square deep tin just large enough to hold it ; if a round piece, in a round deep tin, without a cloth. Place a dish or tin on the top with several weights on it, leave until quite cold. Take the meat out of the cloth or tin, and brush the top over with glaze, two or three times, allowing one layer to set before applying another. Cut a piece off one end and dish up. Garnish with aspic jelly and sprigs of parsley.

## Pickle for Tongue

$\frac{1}{2}$  lb. of salt.  
 $\frac{1}{2}$  lb. of coarse brown sugar.

2 ozs. of saltpetre.

Trim the root of the tongue and well rub it over with salt. Leave it on a dish for twenty-four hours, then take it out of the slimy matter, wipe it dry. Mix together the salt, sugar, and saltpetre. Well rub the tongue all over with this mixture, leave it with the salt on the top. Rub it well each day for a week ; then leave it in the pickle for another week, turning it each day. It will now be ready to cook. If not required at once, dry it, and it can be smoked over a wood fire.

## Boiled Tongue

Ox tongue.  
Bunch of herbs.

| 1 onion.  
| Glaze.

Well wash and soak the tongue, if necessary.

A dried or smoked tongue requires soaking for six to twelve hours, according to how long it has been kept.

Place it in sufficient warm water to cover, add the herbs and onion. Let it simmer gently for three or four hours, until quite tender. Take the tongue out and skin, it should peel off quite easily. Fix the tongue in an upright position on a chopping board, with skewers pushed into the wood. Leave it until it is quite cold. Trim the root evenly, and brush it over with glaze two or three times, allowing one layer to dry on before applying another.

If any decoration be required, squeeze some plain or green butter through a rose tube and work down the top of the tongue.

Arrange cubes and chopped aspic jelly about the dish; also a few sprigs of parsley.

## Rolled Tongue

Cook the tongue as in the preceding recipe. Skin it, pull out the small bones and pieces of gristle from the root. Roll it by turning the thin end over the root, covering the underpart of the tongue. Lay two pieces of tape across the inside of a tin, leaving the ends over the outside. These enable the tongue being easily lifted out of the tin. The latter should be only just large enough to hold the tongue. Lay it in the tin. Lay a plate or tin on top with a weight to press. Leave until quite cold. Turn out and glaze.

The appearance is improved if some meat or stiff aspic jelly be poured in, to fill up any space in the tin; or some stiff jelly can be poured into a tin, the latter a little larger than the tongue; allow it to set. The tongue placed in it, then fill up with some cool, but liquid jelly. When cold turn out.

If no tin be available, then the tongue, after rolling,

can be bound round with wide tape, or fastened in a cloth, but the tape is better, and placed between two dishes, with a weight on top, to press.

This is a more economical method than the preceding one.

### Pigeons à la Portugaise

2 pigeons.  
 $\frac{1}{4}$  lb. of veal cutlet.  
 $\frac{1}{4}$  lb. of fat bacon.  
 1 oz. of butter.  
 1 shallot.  
 1 onion.  
 1 pint of stock.  
 $\frac{1}{2}$  carrot.  
 1 lb. of tomatoes.

Bunch of herbs.  
 12 button mushrooms.  
 $\frac{1}{2}$  oz. of bread crumbs.  
 Teaspoonful of chopped parsley.  
 Cayenne.  
 Pepper and salt.  
 Lemon juice.  
 Pig's caul or bacon fat.

Cut up the veal, there should be the quarter of a pound after the fat and skin are cut off, also the bacon, mix these in a basin with the crumbs, salt, pepper, a pinch of cayenne, shallot chopped, parsley, and a teaspoonful of lemon juice ; pass this mixture through a mincing machine two or three times. Peel, wash, and cut up the mushrooms, and stir into the mixture. Prepare the pigeons, cut them through the back into halves, take out the thigh bones and any pieces of bones without altering the shape. Place the mixture on the pieces of pigeons, spread it evenly, then cover it over with some pig's caul or tie some thin slices of fat bacon over the forcemeat. Slice half of the onion and carrot, place in a casserole or stewpan with a little butter or bacon fat, make it hot, put in the pigeons and fry the skin side for a few minutes ; add the herbs and sufficient stock to barely cover the pigeons, place the pan, covered, in the oven and cook gently for three-quarters to one hour, or until the birds are tender. Wash and slice the tomatoes and half an onion, fry the latter a few minutes in the butter, add the tomatoes, fry them. Strain the stock from the pigeons, skim, add to the tomatoes with the washed peels and stalks of the mushrooms, or if preserved mushrooms be used, some of the liquor ; let it simmer for fifteen minutes, then pass it through a strainer ; season with cayenne, pepper, salt, and a little lemon juice or sherry. It should

be of the consistency of a thin sauce. Lay some mashed potatoes in a strip on a dish ; glaze the top of the pigeons, and lay them on the potatoes, one slightly overlapping the other ; pour the sauce round.

### Pigeons Farcis Braised à la Romaine

2 pigeons.  
4 ozs. of calf's liver.  
3 ozs. of fat bacon.  
2 shallots.  
1 oz. of flour.  
1 oz. of butter.  
1 pint of stock.  
1 onion.

$\frac{1}{4}$  teaspoonful of mixed herbs.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.  
Small blade of mace.  
Cayenne.  
Pepper and salt.  
Lemon juice.  
12 button mushrooms.

Wash, dry, and cut the liver into small pieces ; cut the bacon small and fry it for three minutes in a stewpan, then lift out the pieces, leaving the fat in the pan ; add the liver and fry it sharply for five minutes, turn it out with the bacon to cool. Chop and fry the shallots, and add to the liver. Pound the liver and bacon well, add the mace, cayenne, herbs, salt, and pepper. Bone the pigeons (see p. 180), but leave the legs and wing bones in, place the liver mixture in the inside of the birds, and truss them as for roasting. Place some bacon fat or butter in a casserole, and when hot put in the pigeons and onion, fry, turning them to brown all over ; then pour in sufficient stock to come half-way up the birds, place the cover on and put it into a moderate oven for about three-quarters of an hour, or until the pigeons are cooked, turning them over once or twice during the time. When cooked, take them up, draw out the strings, and keep the birds warm while making the sauce. Fry the flour in the butter until of a brown colour, then add the stock from the pigeons, and stir until it boils, let it boil for a few minutes, skim and strain ; season to taste, add the lemon juice and mushrooms (if small, cut into halves, or if large, into slices). If fresh mushrooms are being used, they must be peeled, washed, and cooked for three minutes with a little butter and lemon juice. Fry a large croûton of bread and dish up the pigeons upon this ; pour the sauce and mushrooms round.

## Crépinettes of Rabbit

$\frac{1}{2}$ lb. of cooked rabbit.	1 chopped shallot.
$\frac{1}{4}$ lb. of ham.	Pig's caul.
1 oz. of butter.	Cayenne.
$1\frac{1}{2}$ ozs. of flour.	Pepper and salt.
3 or 4 mushrooms.	Egg.
1 teaspoonful of chopped parsley.	A little flour.
$\frac{1}{2}$ pint of stock.	Gravy.
	Mashed potatoes.

Warm the butter in a saucepan, add the shallot and flour, stir over the fire until of a brown colour ; take it off and mix in the stock, then stir over the fire until it boils. Let it simmer a few minutes, strain it, and add the seasonings. Peel and wash the mushrooms, cut into small pieces, add to the sauce, cook gently for three minutes. Cut the rabbit and ham into thin pieces about an inch square and mix in the sauce ; allow it to get quite cold. Dip the caul into some warm water, and if rather fat flatten with a chopper, cut it into pieces about six inches square. Lay a tablespoonful of the mixture upon each and fold the caul over, arranging them in neat shapes. Brush over with beaten egg and sprinkle them with flour. Place them on a baking sheet in rather a hot oven to brown quickly. Time, about six or eight minutes. Dish them on some mashed potato, and pour some good gravy round.

## Fricassée of Rabbit

1 small Ostend rabbit.	1 oz. of lean ham.
1 large onion.	2 yolks of eggs.
1 carrot.	1 pint of water.
2 pieces of celery.	$\frac{1}{2}$ pint of milk.
Bunch of herbs.	Lemon juice, salt, and pepper.
1 oz. of butter.	Croûtons of fried bread.
2 ozs. of flour.	Mace and 6 peppercorns.

Cut the rabbit into small joints, wash them well and put into a saucepan with the vegetables, mace, and peppercorns ; barely cover with the water and let the whole cook gently until the rabbit is quite tender. Time, from three-quarters to one hour. Then strain the gravy from the rabbit. Put the butter into a pan with the ham chopped finely and the flour, stir over the stove for three minutes without colouring

it, then take it off the stove and mix in the stock and part of the milk, stir over the stove until it boils, then let it simmer gently for about a quarter of an hour. Put the yolks into a basin with the remainder of the milk and about half a teaspoonful of lemon juice, whisk it together and strain the sauce into it, stirring at the same time; turn it back into the pan and stir on the stove for two or three minutes, but take care the sauce does not boil again, as it will curdle. Put all the best pieces of the rabbit into the sauce, season with salt and pepper, and when quite hot arrange in a pile on a dish, pour the sauce over and garnish with the croûtons of bread.

### Rabbit Sauté à la Norfolk

1 wild rabbit.  
4 ozs. of larding bacon.  
1 lb. of small tomatoes.  
1  $\frac{1}{2}$  ozs. of butter.  
1  $\frac{1}{2}$  ozs. of flour.  
1 pint of stock.  
2 small onions.  
1 bunch of herbs.

Fried croûtons.  
Small blade of mace.  
Pepper and salt.  
Lemon juice.  
4 or 5 mushrooms.  
2 ozs. of ham.  
1 tablespoonful of bread crumbs.  
1 teaspoonful of chopped parsley.

Cut the rabbit into neat joints, wash and dry them, take off the thin skin covering the best portions, then closely lard them with strips of the bacon. Place any scraps of bacon remaining in the stewpan with some of the butter, and when quite hot add the onions peeled and quartered, and the rabbit; fry all to a light brown colour for about fifteen minutes, taking care not to burn the tips of the bacon. Now pour in stock to barely cover the rabbit, add the mace and herbs, cover the pan and stand it in the oven to simmer gently until the rabbit is quite tender. Time, about one hour. Choose small tomatoes, all the same size, wash them and cut a round piece off the top of each, scoop out the inside, and pass through a sieve. Chop the ham and mushrooms, mix with the bread crumbs, parsley, cayenne, pepper, and salt; bind with a little of the tomato pulp. Fill the tomato cases with this mixture, sprinkle some dried crumbs on the tops, lay some small pieces of butter on each, and place on a tin in a hot oven for ten minutes before serving. When the rabbit is tender,

lift it out of the pan, strain and skim the liquid. Melt the butter in a pan, add the flour and stir on the fire until it becomes brown; add the tomato pulp and stock from the rabbit, stir over the fire until it boils, then if too thick, add more stock, let it boil five minutes, skim and strain; put it back into the stewpan with the rabbit, leaving out the head and any rough pieces. Season with pepper, salt and lemon juice. When quite hot, dish up rather high, ladle the sauce over, stand the tomatoes round the rabbit, and garnish between with fried croûtons of bread.

### Jugged Rabbit

1 wild rabbit.  
 $\frac{1}{2}$  lb. of stewing steak.  
 $\frac{1}{4}$  lb. of fat streaky bacon.  
 3 ozs. of flour.  
 4 onions.  
 $\frac{1}{2}$  small carrot.  
 1 bunch of herbs.  
 8 peppercorns.  
 4 cloves.

Small piece of mace.  
 1 tablespoonful of red currant jelly.  
 1 tablespoonful of vinegar.  
 1 tablespoonful of mushroom ketchup.  
 Cayenne and salt.  
 $1\frac{1}{2}$  pints of water.  
 Force meat balls.

Cut the beef into small pieces and soak them in the vinegar. Peel and quarter the onions, cut the bacon into small pieces. Wash the rabbit, cut it into joints, reserving the liver for the force meat balls. Fry the bacon for a few minutes, take it out, fry quickly the onions to colour them, place with the bacon. Dry the pieces of rabbit and sprinkle them with some of the flour, fry them in the bacon fat for ten or fifteen minutes, using more fat if necessary. Add the remainder of the flour, and when brown add the water, stir until it boils. Put in the onions, carrot, bacon, the meat and vinegar, cayenne, ketchup, and the spices tied inside the bunch of herbs. Turn the rabbit into a casserole pan or jar, cover, and stand it in a pan of water in a moderately heated oven; let the rabbit cook slowly for two hours or until quite tender. Three-quarters of an hour before it is finished, add the jelly mixed with some of the gravy or water, a little salt, and the force meat balls, made similarly to those for Jugged Hare (p. 207), but not fried. When quite cooked take out the herbs and carrot, add more seasonings if necessary.

If half a pint of claret be used in place of some of the water, the dish is greatly improved.

## Jugged Hare

1 hare.  
 $\frac{1}{2}$  lb. of streaky bacon.  
 4 ozs. of flour.  
 2 ozs. of butter.  
 1 pint of stock.  
 $\frac{1}{2}$  pint of claret.  
 Large bunch of herbs.  
 6 peppercorns.  
 4 cloves.  
 Piece of cinnamon.

Blade of mace.  
 Lemon juice.  
 Cayenne.  
 Salt and pepper.  
 2 tablespoonfuls of red-currant jelly.  
 9 small onions.  
 20 button mushrooms.  
 Some forcemeat balls.

Draw and skin the hare, cut into small joints, wash and drain them. Peel the onions, and cut the bacon into pieces about two inches in length. Fry the onions and the bacon in some of the butter, then take them out. Sprinkle half of the flour over the pieces of hare and fry them in the remainder of the butter, add the stock and wine, then stir until it boils. Put in the onions and bacon; tie the spices inside the bunch of herbs and add with a little lemon juice and cayenne. Turn the hare into a large jar and stand it, covered over, in a pan containing boiling water in the oven, and let it cook slowly until quite tender, about three hours. Mix smoothly the remainder of the flour with a little cold water, add some of the liquor from the hare, then the jelly, and stir well; pour it over the hare, and stir until it boils and thickens. Take out the herbs, season to taste, add the forcemeat balls, let it remain on the stove for about fifteen minutes, then dish up the hare in the centre of a dish and garnish round with the bacon and the balls.

## For the Forcemeat Balls

4 ozs. of bread crumbs.  
 2 ozs. of chopped suet or ham fat.  
 1 teaspoonful of parsley.  
 $\frac{1}{2}$  teaspoonful of mixed herbs.

Liver from the hare.  
 Grated rind of lemon.  
 Pepper and salt.  
 Beaten egg and gravy.

Wash and chop the liver and mix with the dry ingredients, add the egg and sufficient gravy to bind. Divide

this mixture into small balls, brush them over with egg, and cover with crumbs. Fry them to a brown colour in hot fat, for four minutes.

A casserole dish may be used instead of the pan and jar.

## Salmi of Game

Cold pheasant or partridge.  
1 onion.  
Small bunch of herbs.  
1 large tomato.  
1 pint of stock.  
8 or 10 French olives.  
8 or 10 button mushrooms.

1 oz. of butter.  
1½ ozs. of flour.  
1 oz. of fat bacon.  
Pepper, salt.  
Sherry or lemon juice.  
Cayenne.

Cut some cold pheasant, partridge, or other cold game, into neat joints. Skin it, and break off any bones without altering the shape. Cut up the bacon, heat with the butter in a pan, add the onion sliced, flour, and fry to a brown colour, then add game bones and skins, the tomato sliced, and herbs. Put the cover on the pan and fry for five minutes, tossing the contents occasionally. Pour in the stock and let it simmer gently for half an hour. Skim and strain. Season to taste with pepper, salt, cayenne, and lemon juice, or half a glass of sherry. Place the game in the sauce and let it remain on the stove for fifteen minutes, but do not let it boil. Slice the mushrooms, stone the olives and mix with the salmi. Dish up and garnish with fried croûtons of bread.

## Roast Fowl

Fowl.

| Fat for basting.

Prepare and truss (p. 130), spread some fat all over it, if covered with some greased paper the colour is usually better. Hang it up in front of the fire, or if to be baked, place on a double baking tin, breast side downwards first, in a hot oven. Baste well. The last fifteen or twenty minutes turn it over to brown the breast. If it has had paper over, remove it to allow the skin to colour.

A large fowl will take about one hour to one and a quarter. A rough guide is a quarter of an hour to each pound, and a quarter of an hour over.

Draw out the strings. Dish up, garnish with rolls of bacon grilled, and watercress.

Serve bread sauce, gravy, and fried potatoes.

Boiled ham or bacon are sometimes served instead of the grilled.

## Boiled Fowl

Fowl.

1 onion.

Small piece of carrot.

2 pieces of celery.

Bunch of herbs.

White, egg, or parsley sauce.

Water.

Prepare and truss fowl (p. 132), place sufficient water to reach half-way up the fowl in a stewpan; when it boils put in the fowl, breast uppermost; add the vegetables cleaned and herbs. Cover the top of the fowl over with a round of white buttered paper. Let it simmer gently until the fowl is tender; twenty minutes to each pound and twenty minutes over. The fowl can be turned over part of the time, but if it is a very tender one, it will not be necessary. Take it up and remove the strings. Use some of the liquid in which it was cooked, for the sauce.

Cover the fowl with sauce and serve some in a boat.

## Roast Turkey

Turkey.

Sausage, veal, or chestnut stuffing (see p. 169).

Fat for basting.

Prepare and truss similarly to a fowl (p. 130). The sinews in the legs being so strong, they are easier to draw out by placing the foot, after cracking the bone, in the doorway, the door pushed against the foot, and the turkey pulled with a jerk on the other side; this leaves the foot with the sinews hanging by the door. Place either of the above stuffings in the crop end of the bird, fasten the skin down at the back of the neck with the needle and string. The skin must not be stretched tightly or it will break while cooking. Lay about a pound of dripping or fat bacon over the breast, legs, and wings. Cover it entirely in a double thickness of paper greased. An extra layer can be placed over the breast and crop. Roast or bake it similarly

to Roast Fowl (p. 130). It must be well basted. A quarter of an hour before finishing, take off the paper, and if the breast is not coloured enough let it brown.

A turkey weighing twelve to fourteen pounds will require two and a quarter to two and a half hours to roast.

Boiled ham is served with roast turkey, for the other accompaniments see p. 128.

## Roast Goose

Goose.  
Dripping.  
Stuffing (p. 168).  
Onion, carrot.

Bunch of herbs.  
Baked flour.  
Salt.

Pick, singe, and draw the goose. Well wipe the inside with a wet cloth. Truss similarly to chicken. Take a stuffing made of potatoes, as this is less rich than that made of bread crumbs. Push in the stuffing at the tail end of the bird, fasten it in with string. Lay some dripping on the breast and cover with greased paper, having it double over the breast. Roast or bake as for beef, basting it frequently, and turning it over several times if cooked in the oven. A goose weighing eight or ten pounds will take about two hours to cook. The paper must be taken off half an hour before finishing, to allow it to become brown all over. Take out all the strings.

The gravy should be made from the giblets cleaned (p. 133) and cooked gently in sufficient water to well cover them, adding an onion, piece of carrot, and bunch of herbs. Cook for two or three hours, then strain and mix with a teaspoonful of baked brown flour to half a pint of gravy and salt to taste. If necessary add a little browning.

Apple sauce should be served in a sauceboat. Apple pickle (p. 242) is excellent served with cold roast goose.

## Roast Duck

Prepared similarly to Roast Goose, with or without stuffing.

Time to cook, according to size and whether stuffed,

from three-quarters to one hour and a quarter. It is less rich and easier to digest if not stuffed, served garnished with watercress.

Apple or orange sauce should be served with roast duck.

### Roast Duckling

This is prepared and trussed similarly to goose, but not usually stuffed.

Roast from thirty to forty minutes.

Green peas are the usual accompaniment to roast duckling.

Apple or orange sauce may be served.

### Roast Wild Duck

Prepare the duck and truss, rub fat over the bird and roast briskly from twenty to twenty-five minutes; it should be slightly underdone. Take out the strings.

Serve with orange salad (p. 277) or garnish with quarters of lemon and serve a port wine sauce, or an orange sauce can be served, without the salad or lemon.

### Roast Teal and Widgeon

Teal and widgeon are cooked similarly to wild duck. Dish up on toast and garnish with watercress.

Orange sauce may be served with these.

### Roast Venison

Haunch or leg of venison.  
Dripping.

| 2 ozs. of butter.  
| Flour and water paste.

Trim the venison by cutting the shank, and the chine bones, or the latter may be sawn through; cut off any dry skin and wipe with a damp cloth. Spread fat all over it, and cover with well greased white paper. Take one pound to one and a half pounds of flour, according to the size of the venison, and pour sufficient hot water into it to make a stiff paste, mixing it at the same time with a spoon; quickly roll the pastry out large enough to cover the

venison—it should not be more than half an inch in thickness—well join the edges of the paste over the papered venison, then cover it over with more greased paper. Roast for about two and a half to three hours, unless very large, when a longer time will be required. Baste the meat frequently. At the end of the time take it up, remove all the paper and paste, carefully saving the liquid that may be inside the paste to mix with the gravy. Dredge some flour all over the meat, place the butter in a hot gravy strainer or perforated spoon, to run all over the meat, place close to the fire or in a very hot oven to quickly colour the meat to a rich brown; baste with the butter.

Serve a good gravy, using the venison bones, also liquid from the paste, in its preparation.

Serve red currant jelly separately.

The venison may be roasted without the paste and will cook in about half an hour less time, but the paste prevents it from getting dry.

## Hashed Venison

Cold cooked venison.

1 oz. of butter.

1 oz. of flour.

1 onion.

Bunch of herbs.

1 pint of venison-flavoured stock.

2 cloves.

Small blade of mace.

1 tablespoonful of red-currant jelly.

3 tablespoonfuls of port wine.

Lemon juice.

Salt and pepper.

Cayenne.

Sippets of toast.

Cut the venison into meat slices. Any scraps and bones from the venison put in a saucepan with some stock, add the herbs, onion sliced, and spices. Simmer gently for one hour. Make the butter hot in a stewpan, mix in the flour, and stir over the fire until it becomes a rich brown colour. Strain the stock and mix it with the flour and butter. Stir over the fire until it boils, add the jelly and sufficient lemon juice to just taste, season. Pass it through a fine strainer. Return it to the pan, add the wine, and the venison. Let the pan stand covered over at the corner of the stove for ten minutes to thoroughly heat the venison. Dish up in an entrée dish. Garnish round with pieces of toast, or bread cut into shapes and fried.

## Pickle for Ham

Ham from 10 to 12 lbs.

1 lb. of black treacle.

2 ozs. of saltpetre.

$\frac{3}{4}$  lb. of salt.

$\frac{1}{4}$  lb. of bay salt.

6 cloves.

$\frac{1}{2}$  teacupful of vinegar, or  $\frac{1}{2}$  pint  
of strong ale.

Two days before the ham is put in pickle, well rub it with salt, leave for a few hours, then drain. Well rub it again with salt and leave until the second day. Drain and wipe the ham dry. Rub it over with salt, saltpetre, and some treacle. Boil the above ingredients for a quarter of an hour, allow it to cool. Lay the ham in a deep pan and pour over it the pickle. For the first day or two well rub the ham, afterwards turn it over in the pickle every other day. Let it remain in the pickle for three weeks to one month. Take the ham out of the pickle, wipe it, and send to be smoked.

If not convenient to send away to be smoked, hang it up in a chimney over a wood fire—it must not be close to the fire—for three weeks. If a wood fire is not available, the ham can be dried in a very slow oven, with the door open, for about four days.

The ham should be tied in a cloth and hung up in the kitchen or dry place until required.

## Boiled Ham

Ham.

Water.

Small carrot.

Onion.

Bunch of herbs.

Brown crumbs or glaze.

Unless the ham be freshly cured, it will require to be soaked in cold water for twelve to twenty-four hours, changing the water twice. Scrape it well and cut off any hard outside piece. Saw off the knuckle. Tie the ham in a cloth, put it into a pan covered with tepid water. Add the vegetables cleaned and the herbs. Simmer gently, allowing twenty minutes to each pound. Take the pan off the fire, let the ham remain in it until nearly cold. Take it up, remove the cloth and the skin. Sprinkle over the top dried brown bread crumbs, or brush it over with glaze two or three times, allowing one layer to set before applying another.

## Baked Ham

Soak and trim the ham as for boiling. Make a stiff paste of flour and water, and with it cover the ham entirely, place it on a baking sheet. Bake it in a moderately heated oven for four to five hours, according to the size. Take off the paste, also the skin, and when a little cool brush over the top with white of egg and sprinkle with brown crumbs; or allow the ham to get quite cold, then glaze it over.

If required to cook in a shorter time, start by cooking for one hour similarly to boiled ham; take it up, cover with the paste and bake for two and a half hours, basting it frequently with some of the liquor in which the ham was boiled.

## CHAPTER X

### COLD MEAT COOKERY

PERHAPS one of the greatest difficulties of the inexperienced house-wife is to know how to use up the remains of cold meat. A cut from a very small joint, if roasted or boiled, as a rule is drier and not of such a good flavour as when taken from a larger joint ; but if the family be small, a reasonable-sized joint usually means cold meat left over. Cold meat served with an appetizing salad is pleasant in summer ; but in cold weather it is not so appreciated. It must be remembered that cold food before it can be digested must be raised to blood-heat in the stomach, therefore warm food is more economical in winter than cold, as the latter takes heat from the body to make it fit for digesting ; which can be ill spared by hard-working people, or the very poor, who should get the maximum nourishment from their food with the least expenditure of energy in the body.

Cold meat does not stimulate the digestive glands like hot meat, which has more flavour, chiefly from the extractive matters.

The bones, skin, and gristle from the meat should be stewed in some water flavoured, if preferred, with vegetables, in which to warm up the meat or to serve with it as gravy or sauce. Bovril may be added where there is no gravy in order to give some of the savoury flavour that cold meat mostly lacks, for anything that makes the dish more palatable usually increases the value of the food.

Great care should be taken not to raise the temperature of the meat to boiling point, because it will be hard and indigestible. On the other hand, if warmed too slowly for a long time the nutriment is drawn out of the meat ; in

this case it would be in the gravy, but if the juice be kept in with the fibres of the meat it is easier to digest.

For mince or hashes the meat after being cut up should be put into some well-flavoured sauce, and just allowed to thoroughly warm through.

In warming up meat by frying, the meat should first be covered with a casing, as egg and crumbs, potatoes, or batter, which lowers the temperature before it penetrates to the interior.

Several recipes are given where the meat need not be cut small, as something which requires well masticating is often more acceptable and satisfying to strong healthy people, than minces.

## Minced Meat

$\frac{1}{2}$ lb. of cold meat.	$\frac{1}{2}$ oz. of dripping.
Large teaspoonful of flour.	Small onion.
$1\frac{1}{2}$ gills of gravy.	Pepper and salt.

Mince the meat finely, chop the onion and fry to a brown colour in some of the fat in a saucepan ; turn it on to a plate. Put the remainder of the fat into the saucepan and when hot put in the flour and brown it. Take the saucepan off the fire, add the gravy and onion ; then stir it over the fire until it boils, and let it boil for a few minutes. Add the meat, pepper, and salt to taste, and let it stand at the corner of the stove to thoroughly warm, but not to boil, or it will make the meat more difficult to digest. Turn the mince out on to a flat dish and garnish round with some pieces of toast ; or make a border, about two inches in height, of mashed potatoes on a dish, and put the mince in the centre. Sometimes poached eggs are served with mince. These should be poached, well drained, and placed on the top of the mince.

## Vegetable Marrow and Minced Mutton

Medium-sized marrow.	1 onion.
$\frac{3}{4}$ lb. of cold mutton.	Teaspoonful of chopped parsley.
1 oz. of butter or dripping.	Brown crumbs.
$\frac{1}{2}$ oz. of flour.	$\frac{1}{2}$ pint of gravy.

Cut the marrow into halves lengthways, peel, and scoop out the seeds, boil the marrow until it begins to soften, but

not to break. Lift out carefully and drain. Stand the pieces with the hollow parts upwards. Chop the onion, and fry in a little of the fat, turn it on to a plate, and fry the flour till of a brown colour in the remainder of the fat. Take it off the fire to add the gravy, then stir over the fire until it boils; add the onion. Mince the mutton finely, warm it in the sauce but do not let it boil. Season with pepper and salt and fill each half of the marrow. Sprinkle some brown crumbs over the tops and put on some pieces of fat. Bake in a very hot oven for about ten or fifteen minutes. Lift them carefully with a slice on to a hot dish, and serve.

### Minced Mutton and Tomatoes

8 large tomatoes.  
6 ozs. of mutton.  
1 teaspoonful of chopped parsley.  
1 tablespoonful of bread crumbs.

Pepper and salt.  
Gravy.  
Mashed potatoes.  
Brown bread crumbs.

Wash the tomatoes, cut a round piece out of the tops, scoop out the insides with a teaspoon, taking care not to break the outside of the tomatoes. Mince the mutton finely, mix with the parsley, bread crumbs, pepper, and salt, and add a gill of gravy. Mix together and fill the tomatoes with it. Sprinkle some brown crumbs over the tops. Put small pieces of fat on the crumbs. Stand the tomatoes on a tin in rather a hot oven for eight or ten minutes. Turn some mashed potatoes on to a dish, and spread them evenly about two inches deep over the bottom. Stand the tomatoes on the potatoes, and serve.

The pulp from the tomatoes can be used up to make a soup or sauce.

### Minced Veal and Tomatoes

8 large tomatoes.  
5 or 6 ozs. of cooked veal.  
2 ozs. of ham or bacon.  
1½ gills of white sauce.

1 teaspoonful of chopped parsley.  
Pepper and salt.  
Nutmeg.  
Mashed potatoes or spinach.

Prepare the tomatoes in a similar manner as for Mutton and Tomatoes. Cut the veal and ham into small dice, mix in with the white sauce, and season to taste. Fill the

tomatoes with the veal, and put into a hot oven to warm through for about eight or ten minutes. Then sprinkle the parsley over the tops. Stand the tomatoes on a bed of mashed potatoes, or spinach, on a flat dish, and serve.

### Minced Veal and Tomato Rice

$\frac{1}{2}$  lb. of cooked veal.  
2 ozs. of ham or bacon.  
1 oz. of butter.  
1 oz. of flour.

3 gills of milk.  
1 teaspoonful of chopped parsley.  
Pepper and salt.  
Grated rind of lemon.

#### *For the Shape.*

6 ozs. of rice.  
1 lb. of tomatoes.  
White stock or water.

1 onion.  
1 oz. of fat.  
Salt.

Wash the rice and put it in a stewpan, cover with stock. Pass the tomatoes through a sieve, and put with the rice, add the onion and salt; cover, and cook it slowly until the rice is quite soft, but not broken, adding more stock if necessary. It must be kept rather dry. A little cochineal may be added if the tomatoes do not colour sufficiently. When cooked, take out the onion, press the rice into a greased border mould and place in the oven for ten minutes, then turn it out on to a dish, or it can be pressed into a border on a dish with a knife and spoon. Melt the butter, add the flour, and stir for two minutes over the fire without colouring, take it off the stove, add the milk by degrees, and stir over the fire until it boils. Season with the lemon, pepper, and salt. Cut the veal and ham into small dice, put with the parsley into the sauce and warm thoroughly. When quite hot pour it into the centre of the rice.

### Veal Cake

$\frac{1}{2}$  lb. of cooked veal.  
 $\frac{1}{2}$  lb. of cooked ham.  
 $\frac{1}{4}$  lb. of macaroni.  
1 tablespoonful of Parmesan  
cheese.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
Pepper, salt, and cayenne.  
 $\frac{1}{2}$  pint of white stock.  
2 whole eggs and 2 yolks.

Boil the macaroni until it is quite soft, butter a plain mould (one-pint size) and decorate with some of the macaroni. Cut the remainder into pieces about an inch

in length ; cut the veal and ham into large dice, mix with the macaroni, cheese, and seasonings, loosely fill the mould with this mixture. Beat up the eggs with a little of the stock, scald the remainder, and pour on to the eggs, beating well. Strain and pour into the mould over the veal ; cover with greased paper, and steam until it sets. Time, twenty to thirty minutes. Serve with tomato sauce poured round.

### Shepherd's Pie

$\frac{1}{2}$ lb. of cooked meat.	Chopped onion, if liked.
Mashed potatoes.	1 dessertspoonful of bread
1 teaspoonful of chopped parsley.	crumbs.
$\frac{1}{4}$ teaspoonful of mixed herbs.	Pepper and salt to taste.
	1 gill of gravy.

Mince the meat finely, mix with the crumbs, herbs, pepper, and salt. If the onion be used, it must be fried before putting in. Mix in as much gravy as you can without making it too soft. Three parts fill a pie-dish with this, and cover with a thick layer of nicely seasoned mashed potatoes. Decorate with a knife or fork and brush over with a little beaten egg, or put some pieces of fat on the top. Put into rather a hot oven to bake till of a brown colour. Time, about fifteen to twenty minutes.

If tomatoes be liked, the crumbs and gravy can be left out. Wash five or six tomatoes, slice them, and lay over the meat in the dish, sprinkling pepper and salt over them. Finish with the potato.

### Mutton Patties

$\frac{1}{2}$ lb. of cold mutton.	Pepper and salt to taste.
$\frac{1}{2}$ ozs. of bacon or ham.	$\frac{1}{2}$ lb. of flour.
1 teaspoonful of chopped parsley.	$\frac{1}{4}$ lb. of dripping or lard.
1 dessertspoonful of bread crumbs.	$\frac{1}{2}$ teaspoonful of baking-powder.
1 gill of gravy.	Salt.
	Water.

Mince the mutton and bacon finely and mix with the crumbs, parsley, and seasonings. Pour in enough gravy to bind and moisten. Make a stiff short paste with the other ingredients ; roll it out thinly upon a floured board ;

stamp out some rounds to fit tartlet tins, using the trimmings to make more rounds, and also to make some leaves to decorate the tops. Lay half the number of rounds on to the tins, place a spoonful of the mixture in the centre of each, wet the edges of the pastry and lay the other rounds on the tops, press together, make a hole in the centres with a skewer, and brush over the tops with beaten egg and decorate with leaves of the paste. Brush the latter with egg, and bake the patties in a quick oven till they are of a nice brown colour. Time, about fifteen minutes. Dish up and garnish with parsley.

### Rice and Meat Cutlets

$\frac{1}{2}$  lb. of cold meat.  
 $\frac{1}{4}$  lb. of cooked rice.  
 1 to 2 ozs. of fat.  
 1 teaspoonful of chopped parsley.

Salt and pepper to taste.  
 Grated nutmegs.  
 Parsley stalks, or pieces of macaroni.  
 Egg and crumbs for outsides.

Mince the meat finely, melt the fat or chop it, and mix with the rice and seasonings. Divide this mixture into equal-sized balls, flatten with a knife to a cutlet shape. Brush well over with beaten egg and cover with crumbs. Fry to a nice brown colour in some hot fat for two minutes, drain them and stick a piece of parsley stalk in the thin end to represent the bone. If pieces of macaroni be used instead of the stalks, they must be put in before egging the cutlets. Dish them in a circle and garnish with parsley.

If the meat be rather lean, two ounces of fat should be added.

### Croquets of Meat No. I

4 ozs. of bread crumbs.  
 4 ozs. of cold lean meat.  
 2 ozs. of fat meat or 1 oz. of dripping.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.

$\frac{1}{4}$  teaspoonful of mixed herbs.  
 Salt and pepper to taste.  
 $\frac{1}{2}$  an egg.  
 Gravy.  
 Egg and bread crumbs for outsides.

Chop the meat finely, put into a basin with the crumbs, herbs, and seasonings; if dripping be used, chop it. Add the beaten egg and sufficient gravy to bind the mixture together. If the meat be rather dry a little chopped fried

onion can be added. Divide the mixture up into balls, brush them over well with beaten egg and cover them with bread crumbs. Place two or three at a time in some very hot fat, and fry till they are of a brown colour, from two to three minutes, according to size. Drain them well from the fat. Pile them high on a dish and garnish with parsley.

## Croquets of Meat No. II

8 ozs. of cold meat.	3 or 4 mushrooms, if liked.
2 ozs. of flour.	A little chopped onion.
1½ ozs. of butter or dripping.	1½ gills of gravy.
1 teaspoonful of chopped parsley.	Salt and pepper.
	Egg and crumbs for outsides.

Warm the fat in a saucepan, add the onion, shake it over the fire, then add the flour and stir it until it turns a brown colour. Add the gravy, mixing smoothly, then stir it until it boils. If the mushrooms be used, they must be peeled, washed, and cut into small pieces, and cooked in the sauce for two minutes. Chop the meat and mix with the sauce, add parsley, pepper, and salt to taste. If the mixture be too stiff add a little gravy, if too thin add a few bread crumbs; make the mixture into equal-sized balls or cork shapes. Brush them over with beaten egg and cover with bread crumbs. Fry from two to three minutes, till they are of a brown colour. Drain them well, dish in a pile on a serviette or paper, and garnish with parsley.

## Meat and Potato Croquets

¾ lb. of mashed potatoes.	¼ teaspoonful of herbs.
6 ozs. of pieces of cooked meat.	Dessertspoonful of Worcester sauce.
1 oz. of fat meat, dripping, or bacon fat.	Pepper and salt.
1 teaspoonful of chopped parsley.	Egg and bread crumbs.

Mince the meat finely and mix with the potatoes, chop the fat or melt the dripping, and add with the seasonings. If the sauce be not sufficient to bind, add a little beaten egg.

Shape and finish as for other croquets.

## Rissoles of Meat

4 ozs. of cooked meat.	Pepper and salt.
1 dessertspoonful of bread crumbs.	2 or 3 tablespoonfuls of gravy.
1 teaspoonful of chopped parsley.	Egg and crumbs for the outsides.
	Flaky pastry (made with 4 ozs. of flour).

Mince the meat finely and mix with the crumbs and seasonings, add the gravy, but do not make the mixture too soft. Roll out the pastry in a strip about seven inches in width, place the mixture in equal quantities a little on one side of the pastry, about three inches apart, leaving enough mixture to make two more with the trimmings from the paste. Wet the other part of the paste and fold it over the meat, press the edges together and cut out the rissoles with a cutter or glass, leaving an inch of paste all round the meat. Brush them over with beaten egg and cover them with bread crumbs or crushed vermicelli. Shake off any loose crumbs, and fry them in hot fat for about two minutes. Drain and dish them on a serviette and garnish with parsley.

## Curried Croquets of Meat

$\frac{1}{2}$ lb. of cold meat.	1 dessertspoonful of chutney.
$\frac{1}{2}$ lb. of cooked rice.	Salt to taste.
2 ozs. of dripping or bacon fat.	Lemon juice.
2 large onions.	Egg and bread crumbs for outsides.
1 large apple.	
1 dessertspoonful of curry powder.	

Chop the onions finely and fry to a brown colour, add the apple chopped, and stir over the fire for a minute, mix in the curry powder and chutney. Turn this into a basin, add the rice and the meat minced finely, mix all together, adding salt to taste and a little lemon juice. Divide the mixture into equal-sized portions, and make these into smooth balls. Brush them well over with beaten egg and cover with crumbs. Fry two or three at a time in some hot fat to a brown colour for about two minutes. Drain well, and serve garnished with parsley.

This is an excellent way of warming up any boiled rather fat meat.

## Scallops of Cold Meat

$\frac{1}{2}$  lb. of cold meat.  
 $1\frac{1}{2}$  lbs. of potatoes.  
 1 oz. of bread crumbs.  
 1 oz. of fat.  
 1 onion.

1 teaspoonful of parsley.  
 1 dessertspoonful of Worcester  
 sauce.  
 Salt and pepper.  
 Stock.

Chop the onion and fry it, mince the meat, mix with the onion, crumbs, parsley, pepper, and salt. Add sufficient gravy to well moisten it, also Worcester sauce to the taste, place it in five or six scallops shells. Boil and well mash the potatoes, add some of the fat and pepper and salt, cover the meat in the scallops with the potatoes, trim the tops, brush over with some beaten egg, and place the remainder of the fat in small pieces on the tops. Bake them quickly in a hot oven until the potato is of a brown colour. Dish them on a paper and garnish with parsley.

## Russian Cutlets

1 lb. of cold roasted or boiled  
 mutton.  
 2 lbs. of mashed potatoes.  
 2 ozs. of lean ham or bacon.  
 2 yolks of eggs.

1 tablespoonful of Worcester  
 sauce.  
 1 teaspoonful of chopped parsley.  
 Pepper and salt.

Cut the mutton into slices about half an inch in thickness, sprinkle over with the pepper, salt, and the sauce. Finely chop the ham, well mash the potatoes and mix in the yolks, then add the ham, parsley, pepper, and salt to taste. Spread this mixture on a dish to about three-quarters of an inch in thickness and cut out into portions a little larger than the meat; lay the meat between two layers of the potato and press into cutlet shapes. Stick a piece of macaroni in the narrow end to represent the bone. Brush over the tops with beaten egg. Place the cutlets on a baking sheet with some pieces of fat on the top of each, and bake in a very hot oven until they are brown; time, about ten minutes. Dish them up one tilted on another. Serve with some good sauce in a sauceboat. If the remains of cold neck of mutton is being used, the bones should be left in, cut a cutlet between each bone, or the meat will be too thick and not get warmed through quickly. Macaroni can be placed in the cutlets without the bone.

## Meat and Potato Cakes

1½ lbs. of cooked potatoes.  
6 ozs. of cooked meat.  
½ teaspoonful of chopped parsley.  
½ teaspoonful of mixed herbs.  
Pepper and salt to taste.

1 dessertspoonful of bread crumbs.  
A little flour.  
Gravy.  
Dripping.

Well mash the potatoes, season with pepper and salt, and add a little butter or dripping. Spread out in a layer about three-quarters of an inch in thickness, cut into rounds with a glass or cutter. Chop the meat finely, mix with the herbs, crumbs, and seasonings, and moisten well with gravy; lay a spoonful of this mixture upon a round of potato, lay another round on top of the meat and press together round the edge at first, then flatten it. Finish the others in a similar manner, then shake some flour over both sides of the cakes. Put about two tablespoonfuls of dripping in a frying-pan and make it very hot; put in sufficient of the cakes to cover the bottom of the pan and fry till they are of a rich brown colour, then turn them over with a broad knife and brown the other sides.

These cakes must be fried rather quickly, or the potato absorbs the fat and then they break easily.

A beaten egg added to the potatoes help to prevent the cakes from breaking.

## Slices of Mutton Devilled

Some slices of cold mutton.  
1 oz. of butter or dripping.  
¾ oz. of flour.  
1 dessertspoonful of Worcester sauce.

1 dessertspoonful of Harvey sauce.  
Salt, pepper, and cayenne.  
Gravy.

Cut some slices of cold boiled, or roast mutton about an inch thick. Press the fat and flour together on a plate with a knife; drop the sauces in by degrees, mixing at the same time, add pepper and salt. Spread a little of this mixture over both sides of the meat and grill them quickly to a nice brown colour. Pile some nicely mashed potatoes in the centre of a hot dish; stand the pieces of meat round the potatoes; pour some good gravy round and serve hot.

## Hashed Beef

About  $\frac{1}{2}$  lb. of cold beef.  
1 dessertspoonful of flour.  
 $\frac{1}{2}$  pint of gravy.  
A little fat.

1 onion.  
Pepper and salt.  
Sippets of bread.  
2 or 3 gherkins.

Peel and slice the onion and fry in the fat to a dark colour. Put it upon a plate, and brown the flour. Take it off the fire, mix in the gravy, add the onion and stir until it boils; cook gently for five minutes. Strain it, or, if liked, the onion can be left in. Cut the meat into thin small slices, put into the hot gravy, season to taste with pepper and salt. Let it stand at the corner of the stove until warmed through. Care must be taken not to boil it, or the meat will be tough and indigestible. Add the gherkins cut into thick slices. Turn on to a flat dish, and garnish round with some toast cut into three-cornered pieces, or cut the bread into shapes first, and fry to a golden colour in some fat.

## Beef Roll

8 ozs. of cold roast beef.  
4 ozs. of ham or bacon.  
4 ozs. of bread crumbs.  
1 onion.  
Teaspoonful of chopped parsley.

2 hard-boiled eggs.  
1 raw egg.  
1 gill of gravy.  
Pepper and salt.  
Short pastry.

Chop the onion and fry it in a little fat. Mince finely the beef and ham. Mix them in a basin with the crumbs, onion, parsley, and seasonings. Pour in the beaten egg and sufficient gravy to bind together. Make some stiff short paste with half a pound of flour and roll it about twelve inches in length and eight in width, lay half of the mixture down the centre of the paste, cut the eggs into halves and place on the meat, put the remainder of the mixture on the top, wet the edges of the paste and join together over the meat, press the ends of the paste together. Turn it over to hide the join, mark the top with a knife, and brush over with some egg. Bake it in a rather hot oven until the pastry is cooked and of a rich brown colour; time, about twenty to thirty minutes. Serve it either hot or cold, garnished with parsley.

## Beef and Potato Roll

8 ozs. of lean cooked beef.	1 tablespoonful of Worcester sauce.
4 ozs. of cooked fat bacon.	1 chopped onion.
3 ozs. of bread crumbs.	1½ lbs. of potatoes.
1 teaspoonful of chopped parsley.	1 oz. of fat.
1 teaspoonful of mixed herbs.	2 eggs.
1 teaspoonful of salt.	Gravy.
¼ teaspoonful of pepper.	

Mince the beef and bacon, mix well with the crumbs, herbs, and seasonings, add the onion chopped and fried, the sauce, beaten egg, and gravy sufficient to bind ; form it into a roll similar to a jam roly pudding. Cook and well mash the potatoes, season with pepper, salt, and some fat ; while hot add a beaten egg, stir well together and allow it to cool. Well flour a board, spread the potato evenly upon it large enough to cover the meat, lay the roll upon it and entirely cover with the potato, mark the top with the back of a knife, brush it over with beaten egg, place some pieces of fat on the top, and bake in a hot oven to a brown colour. Time, about twenty to thirty minutes. Dish up the roll, garnish with parsley, and serve hot.

## Cutlets of Beef à la Portugaise

½ lb. of cold roast beef.	Gravy.
2 ozs. of fat bacon.	Cayenne, pepper, and salt.
3 ozs. of bread crumbs.	Egg and crumbs for the outsides.
3 anchovies.	Some pieces of macaroni.
1 teaspoonful of chopped parsley.	Mashed potatoes.
1 egg.	Tomato sauce.

Pass the beef and bacon through a mincing machine ; put it into a basin with the crumbs, parsley, anchovies boned and chopped, pepper, cayenne, and salt, mix well together ; add the egg beaten, and enough gravy to bind the mixture. Divide into seven or eight portions and press each into cutlet shape. Stick a piece of macaroni into the thin end of each cutlet to represent the bone. Brush them well over with beaten egg, and cover them with crumbs. Fry them to a brown colour for about two minutes in some hot fat, then drain them well. Place

some mashed potatoes in a pile on a dish, stand the cutlets against them, and pour some tomato sauce around.

## Meat Fritters

Half quantity of frying batter.  
9 or 10 slices of cold meat.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.

A tablespoonful of Worcester sauce.  
Pepper and salt.

Lay the slices of meat in a pie-dish, sprinkle with pepper, salt, and parsley, pour the sauce over, and let it stand for about twenty minutes, turning the slices over occasionally. Have some hot fat ready in a saucepan on the stove; dip two or three slices of meat into the batter, then into the fat, taking care they do not touch each other at first. Turn them over with an iron spoon, and fry to a brown colour, from two to three minutes. Drain them well and dish them up lightly against each other. Serve garnished with parsley. Tomato sauce, brown sauce, or some good gravy should be served separately in a sauceboat.

## Ham and Potato Croquets

1 lb. of mashed potatoes.  
6 ozs. of cooked ham.  
1 oz. of butter.  
1 teaspoonful of chopped parsley.

Pepper and salt.  
Grated nutmeg.  
2 yolks of eggs.  
Egg and bread crumbs.

Mash the potatoes, add the nutmeg, butter, and season to taste; well mix in the yolks, and stir over the fire for one minute, then turn it into a basin. Chop the ham and mix with the parsley into the potatoes. Divide into equal portions and roll into cork shapes. Brush them well all over with beaten egg, and cover with crumbs. Fry them in very hot fat until of a brown colour. Dish in a pile on a paper or serviette, and garnish with parsley. These make a pretty dish if rolled into balls, fried, a clove stuck into one side, and a green parsley stalk in the other.

The fat must be very hot when the croquets are put in, or they puff up and break.

## Curried Cold Meat

1 lb. of cold meat.	1½ teaspoonfuls of flour.
3 onions.	1 oz. of fat.
1 sour apple.	½ teaspoonful of lemon juice.
1½ teaspoonfuls of curry powder.	½ pint of gravy.
1½ teaspoonfuls of chutney.	1 or 2 tomatoes.
	Salt.

Chop the onions and fry them in the fat, add the apple chopped, curry, flour, and chutney, stir over the fire for two minutes, then add the gravy and stir until it boils; let it simmer for twenty minutes, then pass it through a sieve, return it to the pan. Cut the meat into pieces, put into the curry, add the lemon juice, and salt to taste. Let it get thoroughly hot, but do not let it boil; time, about twenty minutes. Dish it up in the centre of a border of boiled rice.

The sauce need not be passed through the sieve, but by so doing the appearance of the dish is improved. Any cooked meat may be warmed up by this method; it is an excellent way of using up cold roast pork.

## CHAPTER XI

### SAUCES

SAUCES play a very important part in cookery. Many a tasteless, insipid, but otherwise nourishing dish owes its value to its accompanying sauce. Sauces also allow of great variety in serving even the same kind of food.

A good butter should be used for sauces.

It is usual to use equal quantities of butter and flour.

A melted butter, or plain sauce for fish is greatly improved by stirring in about half an ounce of fresh butter in pieces, just before turning it into the sauceboat.

Flavoured butters, as lobster, shrimp, maître d'hôtel, etc., may be used, but they must be added in small portions and stirred in by degrees, otherwise the sauce becomes oily.

If sauces become oily, add one or two teaspoonfuls of cold water or stock, and stir until it just boils.

White Roux is flour and butter cooked together for about twenty minutes without acquiring any colour. It must be stirred frequently. This is used for white sauces. If cooked until it becomes of a rich brown colour it is called Brown Roux, and used for brown sauces. If it is turned into a jar and covered over with a lid or greased paper, it will keep for weeks. By making a quantity of roux, there is great saving of time when making sauces, as only liquid and the special flavourings need then be added.

If the sauces have become too thin, they can be thickened by working butter and flour together, added to the sauce, and stirred well until it boils.

Sauces should simmer very slowly in order to throw up the fat. This is taken off and the sauce passed through a fine strainer or tammy cloth.

If there is no bain-marie in which to keep sauces hot, one can be improvised by standing the bar from the gas griller in a deep tin containing boiling water, or by using the meat baking tin with the bar reversed. On these stand the pans with the sauces or gravies.

### Melted Butter Sauce

1 oz. of butter.

1 oz. of flour.

|  $\frac{1}{2}$  pint of water.

| Salt.

Melt the butter in a saucepan, add the flour and stir on the stove for two minutes without letting it colour, remove from the fire, pour in the water and mix smoothly, then stir over the stove until it boils, add salt to taste, and serve.

This sauce is greatly improved if a small pat of butter be mixed in just before serving.

### Fish Sauce

This sauce is made similarly to Melted Butter, using fish liquor instead of water. The fish liquor is made from bones, skins, and trimmings of fish stewed for half an hour in some water with a little salt, then strained.

### Anchovy Sauce

Make some Melted Butter Sauce with water or fish liquor, add sufficient anchovy essence to season and to make it of a pink colour.

### Parsley Sauce

Make some Melted Butter Sauce, using water, mutton, or fish liquor. Add salt to taste, and a dessertspoonful of finely chopped parsley.

### Caper Sauce

Make some sauce as in the preceding recipe. Add a dessertspoonful of chopped capers, a little of the vinegar, and salt to taste.

## Lemon Sauce (for fish)

1 oz. of butter.	Rind of 1 and juice of $\frac{1}{2}$ lemon.
1 oz. of flour.	Salt.
$\frac{1}{2}$ pint of fish liquor or water.	Cayenne.

Peel the lemon very thinly and cut the rind into thin strips about one inch in length, place them in a saucepan with cold water, let it boil, strain the water off, put the rind on again to boil in fresh water, for ten or fifteen minutes to soften ; strain it. Make a sauce as for melted butter, add the cooked rind and sufficient lemon juice to well flavour, salt to taste.

## White Sauce

$\frac{3}{4}$ oz. of butter.	Salt.
$\frac{3}{4}$ oz. of flour.	Nutmeg or lemon to flavour.
$\frac{1}{2}$ pint of milk.	

Proceed as for Melted Butter, add the flavouring last. The sauce must not be allowed to boil after adding the lemon juice, or it may curdle.

## Egg Sauce

1 oz. of butter.	2 or 3 hard-boiled eggs.
1 oz. of flour.	Salt.
$\frac{1}{2}$ pint of milk.	Nutmeg.

Method the same as for the previous sauces.

Add the eggs cut into dice, then stir the sauce gently over the fire until it boils.

## Béchamel Sauce

1 oz. of butter.	2 cloves.
1 oz. of flour.	Small blade of mace.
$\frac{1}{2}$ pint of milk.	Small bunch of herbs.
1 small onion.	1 tablespoonful of cream.
Slice of carrot.	Salt to taste.

Put the vegetables and spices into a stewpan with the milk, and let it stand at the corner of the stove for about twenty minutes ; melt the butter in a saucepan, add the flour, stir for two minutes, do not let it colour, strain the milk from the vegetables and pour it into the flour, stirring at the same time ; then stir over the fire until it boils, season to taste, and add the cream. It can be made without the cream.

## Allemande Sauce

1½ ozs. of butter.	2 yolks of eggs.
1½ ozs. of flour.	½ gill of cream.
1 pint of chicken or veal stock.	Grated nutmeg.
6 white mushrooms, or	1 teaspoonful of lemon juice.
2 tablespoonfuls of mushroom liquor.	Salt and pepper.

Melt the butter, add the flour and stir over the fire for two minutes without allowing it to colour, take it off the fire and add the stock, which should have been made from chicken, rabbit, or veal; stir it over the fire until it boils; add the mushrooms washed, peeled, and cut into slices. Allow the sauce to simmer slowly for twenty minutes. Add salt, pepper, lemon juice, and a little nutmeg. Stir the cream and yolks in a basin, pour in the sauce stirring at the same time. Pass the same through a tammy cloth or fine strainer, and if too thick add a little more stock. Stir the sauce on the fire until it is thoroughly hot, but do not allow it to boil or it will curdle.

## Suprême Sauce

2 ozs. of butter.	1 tablespoonful of cream.
1 oz. of flour.	Pinch of mignonette pepper.
½ pint of chicken and veal stock.	1 yolk of egg.
Small bouquet of herbs.	Teaspoonful of lemon juice.
½ an onion.	Salt.

Melt one ounce of the butter in a stewpan, add the flour, stir over the fire for two minutes without allowing it to colour, pour in the stock, stir until it boils, add the pepper, onion, and herbs; simmer slowly for twenty minutes, skim, add the lemon and salt. Beat the yolk and cream in a basin. Stir the remainder of the butter in the sauce and pour it slowly on the egg and cream, whisking well. Pass it through a tammy cloth. Take care the sauce does not boil while it is warming.

## Velouté Sauce

1 oz. of butter.	Mignonette pepper.
1 oz. of flour.	Small bouquet of herbs.
½ pint of chicken or veal stock.	Lemon juice.
½ gill of cream.	Salt.

Stir the flour with the butter over the fire for two

minutes without allowing it to colour, add the stock, stirring it smoothly, put in the herbs and a pinch of mignonette pepper, stir over the fire until it boils; let it simmer slowly for fifteen minutes, season to taste with salt, pepper, and a little lemon juice, add the cream; take out the herbs and pass the sauce through a tammy cloth or very fine strainer. When reheating the sauce, take care it does not boil.

### Panada No. I

1 oz. of butter.  
1½ ozs. of flour.

| 1 gill of milk, stock, or water.

Melt the butter and stir in the flour, mix smoothly with the liquid, stir over the fire until it leaves the side of the pan. Turn it out to cool.

Use for meat or fish forcemeats.

### Panada No. II

1 thick slice of crumb of bread. | 1 gill of stock or milk.

Boil the liquid and pour over the bread; squeeze out the moisture, stir the bread in a pan over the fire to a smooth paste.

### Baked Brown Flour

Place some flour on a baking sheet in the oven, bake to a dark brown colour, stirring it about frequently to free it from lumps and to obtain a uniform colour. Keep in a bottle or tin. Use to mix with plain gravies, or to thicken brown stews.

### Browning

4 ozs. of loaf sugar.

| ½ gill of water.

Place the sugar and water in a stewpan, let it dissolve, stir over the fire until it becomes a very dark colour; add a gill of water, let it stand on the corner of the stove until it is the consistency of black treacle. Cool and bottle. Use for colouring soups, gravies, and stews.

## Spanish Sauce

2 ozs. of butter.  
1 oz. of ham.  
2 ozs. of flour.  
 $\frac{1}{2}$  lb. of tomatoes.  
1 wineglassful of sherry.  
2 shallots.  
 $1\frac{1}{2}$  pints of stock.

3 or 4 mushrooms.  
Bunch of herbs.  
 $\frac{1}{2}$  saltspoonful of mignonette  
pepper.  
1 clove.  
Salt.

Chop the ham, peel and chop the shallots. Heat a quarter of the butter in a stewpan and fry the ham, shallots, and herbs slowly for five minutes. Pick, wash, and slice tomatoes and add to the stewpan with the clove, the mushrooms washed and cut, sherry, and the stock, let it simmer gently for twenty minutes. Heat the remainder of the butter, add the flour and stir until it is quite brown, then add to the other ingredients, let it cook gently for another twenty minutes. Skim and pass it through a tammy cloth. Season to taste. If the sauce be too thick add more stock.

## Béarnaise Sauce

2 chopped shallots.  
2 tablespoonfuls of tarragon  
vinegar.  
1 tablespoonful of lemon juice.  
1 tablespoonful of meat glaze.  
2 tablespoonfuls of white sauce.  
3 ozs. of butter.  
3 yolks of eggs.

$\frac{1}{2}$  saltspoonful of mignonette  
pepper, or 6 crushed pepper-  
corns.  
Thyme and bay leaf.  
Teaspoonful of chopped tarragon  
and chervil.  
Salt.

Chop the shallots, place them in a stewpan with the peppercorns, thyme, bayleaf and vinegar, cover, and let it boil on the stove until nearly dry, take out the herbs. Add the glaze, sauce, and half the lemon juice, stir, then add the yolks; stand the stewpan in another containing boiling water, and add the butter by degrees stirring the whole time, otherwise the mixture may curdle. Pass the sauce through a tammy strainer or cloth. Return it to the pan, season, add the remainder of the lemon juice, the tarragon, and chervil.

This sauce is usually served with grilled fillets of beef.

## White Chaud-froid Sauce

$\frac{1}{2}$ pint of allemande sauce.	6 leaves of gelatine.
$\frac{1}{2}$ gill of cream.	Tarragon and chilli vinegars.

Make the sauce (p. 232), adding the extra half gill of cream, about one teaspoonful of tarragon and chilli vinegars mixed, and the gelatine previously soaked in cold water, pass through a tammy strainer. When it begins to thicken it is ready for use.

## Green Chaud-froid Sauce

To the previous sauce add a very little spinach green (p. 232) or a little green vegetable colouring, before passing through the tammy cloth.

Other colours may be obtained, with lobster spawn or carmine for pink or red; tuscan colouring for orange; saffron for lemon.

## Hollandaise Sauce No. I

3 yolks of eggs.	3 ozs. of butter.
$1\frac{1}{2}$ tablespoonfuls of white vinegar.	Salt.

Place the vinegar and the yolks with one ounce of the butter in a saucepan; whisk well and then stand the saucepan in another containing boiling water; stir the sauce until it thickens, adding the remainder of the butter by degrees; care must be taken not to let it curdle. Add salt to taste. Two teaspoonfuls of lemon juice may be used instead of the vinegar.

## Hollandaise Sauce No. II

1 gill of white sauce.	$1\frac{1}{2}$ teaspoonfuls of lemon juice or
2 yolks of eggs.	vinegar.
$\frac{1}{2}$ oz. of butter.	Salt.

Place the yolks, butter, and lemon juice in a saucepan, whisk together; add the hot sauce by degrees, whisking at the same time, stir over the stove for one minute, add salt to taste.

## Shrimp Sauce

1 oz. of butter.	4 peppercorns.
1 oz. of flour.	Anchovy essence.
$\frac{1}{2}$ pint of fish stock.	Cayenne.
$\frac{1}{2}$ pint of shrimps.	Lemon juice.

Wash the shrimps, skin them, and if no fish stock be available, place the skins in a stewpan with the peppercorns and parsley, cover with cold water and boil slowly for half an hour, then strain. Cook the butter and flour in a stewpan for two minutes without letting it colour, add half a pint of the liquor from the shrimps, stir it over the fire until it boils. Pour in a teaspoonful of anchovy essence, some cayenne, and half a teaspoonful of lemon juice, then mix in the shrimps and a little salt, if necessary.

If a tablespoonful of cream be added, it is an improvement.

## Lobster Sauce

1 small lobster.	1 teaspoonful of anchovy essence.
$1\frac{1}{2}$ ozs. of butter.	1 teaspoonful of lemon juice.
$1\frac{1}{2}$ ozs. of flour.	Salt and cayenne.
2 gills of lobster liquor.	Lobster spawn.
2 or 3 tablespoonfuls of cream.	6 peppercorns.

Shell the lobster, put the shells in a saucepan with an onion, the peppercorns, and salt, cover with water and stew for about half an hour, then strain. Stir the butter and flour in a saucepan on the stove for two minutes, then take it off the fire and mix in the liquor smoothly; stir over the fire until it boils. Pass the spawn through a hair sieve with a small piece of butter and mix into the sauce over the stove, add the anchovy essence, lemon juice, cream, cayenne, and salt. Cut the lobster into pieces, warm in the sauce, and serve.

## Oyster Sauce

1 dozen oysters.	Cayenne, salt, and pepper.
1 oz. of butter.	Lemon juice.
1 oz. of flour.	1 teaspoonful of anchovy
$1\frac{1}{2}$ gills of fish liquor.	essence.
2 or 3 tablespoonfuls of cream.	

Place the oysters with their liquor in a saucepan on the stove, and let them warm, but not boil, strain them and

keep the liquor for the sauce. Beard, and take off the hard pieces from the oysters, cut them into two or three pieces. If there be no fish liquor, stew the beards for a few minutes in sufficient water to make one and a half gills with the oyster liquor. Stir the butter and flour together in a saucepan on the stove, mix in the liquor and stir until it boils, add the seasonings, anchovy essence, and about half a teaspoonful of lemon juice, then the cream, lastly the oysters. The sauce must not boil again or it may curdle.

### Bread Sauce

$\frac{1}{2}$  pint of milk.  
1 gill of bread crumbs.  
1 oz. of butter.

Salt and pepper.  
Onion and nutmeg.  
Cayenne.

Peel the onion and place it whole in a saucepan with the milk, to steep for ten minutes on the corner of the stove ; then stir in the bread crumbs, add salt and pepper to taste and a little nutmeg, mix in the butter, take out the onion and serve. One or two tablespoonfuls of cream added at the last is a great improvement.

### D'Uxelle Sauce

1 oz. of butter.  
1 oz. of flour.  
 $1\frac{1}{2}$  ozs. of lean cooked ham.  
 $\frac{1}{2}$  pint of stock.  
2 yolks of eggs.  
1 truffle.

6 or 8 button mushrooms.  
2 shallots.  
1 teaspoonful of chopped parsley.  
Juice of  $\frac{1}{2}$  lemon.  
Nutmeg.  
Pepper and salt.

Fry the butter and flour in a stewpan until of a brown colour, mix it smoothly with the stock, stir over the fire until it boils. Boil for a few minutes and strain. Chop the shallots and fry them in a little butter ; turn the sauce into the pan, add the truffle, and mushrooms chopped ; season to taste, add the lemon juice and parsley, then well stir in the yolks of eggs.

This sauce made with half a gill less stock, or with the addition of one ounce of bread crumbs makes an excellent stuffing for various vegetables such as cucumber, artichoke bottoms, marrow, etc.

## Tomato Sauce

1 lb. of tomatoes.  
1 large onion.  
1 oz. of butter.  
1 oz. of lean bacon.

1 bunch of herbs.  
Salt and pepper.  
1 teaspoonful of vinegar.

Peel and slice the onion, cut the bacon into small pieces and fry both in the butter for about five minutes, add the herbs, and the tomatoes washed and cut into slices ; stir for two or three minutes over the fire, then put the lid on and cook gently for fifteen minutes. Take out the herbs, and pass the remainder through a fine sieve, and then put it into the saucepan, season, and add the vinegar. Should it be too thin, remove the cover and allow it to boil for a few minutes.

## Italian Sauce

2 ozs. of butter.  
1½ ozs. of flour.  
½ pint of stock.  
1 wineglassful of sherry.  
1 teaspoonful of chopped parsley.

1 teaspoonful of anchovy sauce.  
½ teaspoonful of chopped thyme and bayleaf.  
4 mushrooms.  
2 shallots.  
Cayenne and salt.

Make a brown sauce with one and a half ounces of butter, the flour, peel from the mushrooms, and stock ; strain. Chop the shallot and mushrooms. Make half an ounce of butter hot in a stewpan, fry the shallot, then add the mushrooms, sherry, anchovy, and herbs, and stir over the fire for two or three minutes, add the sauce and seasoning ; let it boil, skim it, and serve.

## Horseradish Sauce

Small stick of horseradish.  
1 gill of thick cream.  
1 tablespoonful of vinegar.

1 teaspoonful of castor sugar.  
½ teaspoonful of mixed mustard.  
Salt.

Soak the horseradish in cold water, then scrape off the outside. Grate it finely and mix in a basin with the vinegar, salt, sugar, and mustard. Whip the cream stiffly and add to the other ingredients.

## Mayonnaise Sauce

- |                                    |   |
|------------------------------------|---|
| 1 or 2 yolks of eggs.              | $\frac{1}{2}$ teaspoonful of lemon juice.   |
| 1 teaspoonful of vinegar.          | $\frac{1}{2}$ teaspoonful of mixed mustard. |
| 1 teaspoonful of tarragon vinegar. | Pepper and salt.                            |
| 1 teaspoonful of chilli vinegar.   | $1\frac{1}{2}$ gills of salad oil.          |

Place the yolks in a round bottomed basin, add the mustard, pepper, salt, and vinegars, stir well with a wooden spoon for two minutes, then add the oil, drop by drop, stirring briskly the while, until the sauce becomes quite thick and there is sufficient for use. Add the lemon juice and if necessary more vinegar.

This sauce can have some cream added, which should be put in by degrees, stirring well.

The oil for mayonnaise should be fresh, and if there be ice in the house, the basin may stand on the ice while the sauce is being made; it is improved by keeping as cool as possible.

## Tartare Sauce

- |  |  |
|--|--|
| $1\frac{1}{2}$ gills of mayonnaise sauce.        | $\frac{1}{2}$ teaspoonful each of parsley, |
| $\frac{1}{2}$ tablespoonful of chopped gherkins. | tarragon, and chervil.                     |
| $\frac{1}{2}$ tablespoonful of chopped capers.   | $\frac{1}{2}$ teaspoonful of lemon juice.  |

Stir the above ingredients in with the mayonnaise. French mustard should be used in the sauce. If to serve with fish, two chopped anchovies may be added.

## Vénitienne Sauce

- |                             |                            |
|-----------------------------|----------------------------|
| 1 oz. of butter.            | Large bunch of watercress. |
| 1 oz. of flour.             | Lemon juice.               |
| $\frac{1}{2}$ pint of milk. | Salt.                      |

Melt the butter, add the flour and stir for two minutes over the fire, without allowing it to colour, then add the milk, stirring smoothly; stir until it boils. Wash the watercress well and pound it in a mortar, add to the sauce, then pass it through a tammy cloth or a hair sieve. Salt to taste. Squeeze in a little lemon juice, and serve. If a little cream is added it is a great improvement.

## Colbert Sauce

2 large tomatoes.	Teaspoonful of chopped parsley.
2 tablespoonfuls of glaze.	Teaspoonful of chopped tarragon
1 oz. of butter.	and chervil.
1 shallot.	Paprika.
Dessertspoonful of lemon	Pepper and salt.
juice.	

Chop the shallot and fry it in a third of the butter, add the tomatoes washed, and sliced, fry for a few minutes, add the glaze, lemon juice, pepper and salt. Pass it through a fine sieve, return to the pan and when ready to use stir in the remainder of the butter and the parsley, tarragon and chervil. To be served with fish.

## Mustard Sauce

1 oz. of butter.	1 teaspoonful of mixed mustard.
1 oz. of flour.	1 teaspoonful of vinegar.
$\frac{1}{2}$ pint of fish liquor.	Cayenne and salt.

Stir the butter and flour in a saucepan on the stove for two minutes, take it off the stove and mix in the liquor, then stir over the fire until it boils, add the mustard, vinegar, cayenne, and salt to taste. This sauce is usually served with boiled or grilled fresh herrings.

## Piquante Sauce

1 oz. of butter.	1 teaspoonful of chopped parsley.
1 oz. of flour.	Sprig of thyme, marjoram, and 1
1 oz. of bacon.	bayleaf.
$\frac{1}{2}$ pint of stock.	2 tablespoonfuls of vinegar.
$\frac{1}{2}$ onion or shallot.	Salt and cayenne.
1 dessertspoonful of chopped	
capers or gherkins.	

Melt the butter in a pan, add the bacon chopped, the flour, and fry until it is of a brown colour, add the stock, and stir until it boils. Place the vinegar in a stewpan with the onion or shallot chopped, the herbs, and reduce by boiling until the vinegar has nearly disappeared, then add the sauce, let it boil two minutes, strain, pour back into the pan ; add the cayenne, salt, capers, and parsley.

## Onion Sauce

$\frac{1}{2}$  pint of milk.  
 $\frac{4}{4}$  medium-sized onions.  
 1 oz. of flour.

1 oz. of butter.  
 Salt and pepper.

Peel and quarter the onions, place them in a saucepan with the milk, and boil until they are quite soft ; drain the milk from them and use it to make a white sauce with the butter and flour. Pass the onions through a wire sieve or chop them finely, add to the sauce with pepper and salt to taste.

## Mint Sauce

1 gill of vinegar.  
 $1\frac{1}{2}$  tablespoonfuls of castor  
 sugar.

3 tablespoonfuls of mint.

Mix the vinegar and sugar, let it stand for half an hour, add the mint finely chopped. If preferred the mint may be placed in a strainer and boiling water poured over it, then added to the vinegar.

## Chestnut Sauce

$\frac{1}{2}$  lb. of chestnuts.  
 3 gills of milk, or part milk and  
 white stock.

1 oz. of butter, or 2 tablespoon-  
 fuls of cream.  
 Pepper and salt.  
 Cayenne.

Make a slit in the skins of the chestnuts, place them on a tin in the oven until the skins will easily pull off. Time, from five to ten minutes. Put them into a saucepan, just cover with some stock or milk, and a little salt. Cook slowly until quite soft, strain and pound them in the mortar, adding the butter, and a little of the liquid in which they were cooked. Pass them through a sieve. Put the mixture into a saucepan, add sufficient milk to thin it to the required consistency. Season to taste and serve with either roast turkey, chicken, or mutton cutlets.

## Cranberry Sauce

1 lb. of cranberries.  
 1 lb. of loaf sugar.

$\frac{1}{2}$  pint of water.

Pick and wash the berries. Put them into a saucepan with the water. Boil for about twenty minutes. Pass

them through a sieve. Return the pulp to the pan, add the sugar. Let it boil a few minutes.

### Orange Sauce

1 shallot.  
1 oz. of butter.  
1 oz. of flour.  
 $\frac{1}{2}$  pint of stock.  
Cayenne.

2 oranges.  
Teaspoonful of lemon juice.  
2 tablespoonfuls of sherry.  
Salt.

Chop the shallot, add with the flour to the butter, fry until of a brown colour, mix in the stock, and stir until it boils. Peel one orange thinly, and cut into very thin strips, about one inch in length. Boil these for five minutes in water, then strain. Add the juice of the two oranges and the lemon to the sauce, with the cayenne, and salt to taste, also the sherry. Pass it through a tammy strainer. Add the strips of peel to the sauce.

### Port Wine Sauce

$\frac{3}{4}$  oz. of butter.  
 $\frac{3}{4}$  oz. of flour.  
1  $\frac{1}{2}$  gills of stock.  
2 teaspoonfuls of glaze.

1 tablespoonful of red-currant jelly.  
3 tablespoonfuls of port wine.  
Cayenne and salt.  
1 teaspoonful of lemon juice.

Stir the butter and flour together over the fire until of a brown colour, add the stock and stir over the fire until it boils. Mix in the glaze, jelly, and seasonings. Pass through a tammy strainer, add the port wine.

### Apple Sauce

1 lb. of cooking apples.  
 $\frac{1}{2}$  oz. of butter.

$\frac{1}{2}$  gill of water.  
Castor sugar.

Peel, core, and slice the apples, cook them in a stewpan with the water and butter, add a little sugar to taste. Stir well, or pass through a sieve.

### Fried Crumbs (for Game)

$\frac{1}{2}$  pint of bread crumbs.  
Pinch of cayenne.

$\frac{1}{2}$  oz. of butter.  
Salt.

Melt the butter in a frying-pan, add the crumbs, salt, and cayenne. Stir them over the fire until of a rich golden

colour. Turn them on a piece of paper to free from fat. Serve in a sauceboat.

### Sweet Melted Butter

1 oz. of butter.  
 $\frac{3}{4}$  oz. of flour.  
 $\frac{1}{2}$  pint of milk.

Sugar to sweeten.  
 Nutmeg, bayleaf, or any flavour-  
 ing liked.

Melt the butter in a saucepan, stir in the flour on the stove for about two minutes ; take it off the fire to mix in the milk, then stir over the fire until it boils. Add sugar and flavouring. If bayleaf be used it should be put in with the butter, but taken out just before serving.

### Wine Sauce

2 tablespoonfuls of brandy or  
 sherry.  
 2 tablespoonfuls of water.

2 yolks of eggs.  
 1 tablespoonful of sugar.

Put these ingredients into a pan, stand the pan in another containing boiling water, whisk the sauce briskly until it becomes very frothy and thickens, about three or four minutes ; then serve.

### Jam Sauce

3 tablespoonfuls of apricot or  
 raspberry jam.  
 $\frac{1}{2}$  pint of water.

1 teaspoonful of cornflour.  
 1 teaspoonful of lemon juice.

Mix the cornflour with the water, and stir it over the fire until it boils ; add the jam and lemon juice, boil for one minute, then pass through a fine sieve. Any jam may be used for this sauce ; in the case of raspberry or strawberry a little cochineal may be added to improve the colour.

### Apricot Sauce

3 tablespoonfuls of apricot  
 jam.  
 1 teaspoonful of cornflour.  
 1 gill of water.

$\frac{1}{2}$  wineglass of sherry, or juice of  
 $\frac{1}{2}$  lemon.  
 12 almonds.

Mix the cornflour and water together and stir until it boils, let it cook for five minutes, then add the apricot jam. When thoroughly mixed, pass it through a wire sieve. Turn it back into the stewpan, add the sherry,

or lemon juice to taste. Blanch and shred finely the almonds, mix with the sauce.

### Chocolate Sauce

1 teaspoonful of cornflour.	1/2 gill of water.
2 ozs. of chocolate.	1 egg.
1 gill of milk.	Vanilla flavouring.

Mix the cornflour and milk smoothly and stir over the fire until it boils. Grate the chocolate, add to the water, and stir it on the stove until it warms and is quite smooth, then mix with the cornflour, add flavouring and the yolk of egg, stir over the fire until thoroughly hot, but it must not boil. Whip the white of egg stiffly, stir it lightly into the sauce, and serve either hot or cold.

### Lemon Sauce for Puddings

1 dessertspoonful of cornflour.	2 ozs. of sugar.
1/2 pint of water.	Rind and juice of 1 large lemon.

Cut the rind thinly off the lemon and shred it, place it in a saucepan, cover with cold water and boil it for three minutes, then strain from the water. Mix the cornflour with a little cold water, boil the remainder and pour on to it, then stir until it boils, add the peel, sugar, and lemon juice.

### Vanilla Sugar

6 or 8 lumps of sugar.	2 or 3 inches of vanilla pod.
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Cut the pod small, place in a mortar with part of the sugar, crush it well by grinding it round with the pestle, then sift through a hair sieve, any that will not pass through turn back into the mortar and grind again with a little more sugar, until the whole is passed through the sieve. Used for flavouring whipped cream, cakes, and puddings.

### Brandy Butter

6 ozs. of butter.	1 or 2 tablespoonfuls of brandy.
6 ozs. of castor sugar.	Red and green colouring.

Well cream the butter and sugar in a basin, add the brandy by degrees, stirring well at the same time. Divide

the mixture, and colour one portion with cochineal or spinach greening. Spread the two mixtures on a dish or tin, allow it to get quite firm. Cut it out into shapes and place on a small glass dish or a sauceboat; serve with various hot puddings, mostly with Christmas plum pudding.

If wished, both the colours may be used as well as the plain.

## Spinach Colouring

$\frac{1}{2}$  lb. of spinach.

Pick, well wash, and drain the spinach, pound it in a mortar, turn it into a cloth and squeeze well. This liquid can be added to soup to colour it green. If required as a concentrated colouring for sauces, etc., pour the liquid into a bright pan and shake it about on the stove until hot, not boiling. The green colouring will appear as clots in water, drain this on a cloth or muslin. Add a very small quantity to sauces before passing through the tammy cloth.

This green may also be added to colour icing for cakes.

## Green Sugar

Take some granulated sugar, or crush some loaf sugar, and sift away the fine. Well rub a little spinach green into the rough pieces with fingers until it is of an even colour. Spread it out over a dish or plate and leave it in the warm kitchen all night to thoroughly dry. Keep it in a tin or bottle for use.

## Pink Sugar

Rub some carmine or cochineal into sugar and dry similarly to the green sugar.

## Lobster Butter

Coral and cooked spawn of lobster.		1 oz. of butter. Cayenne.
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Pound the coral and spawn, add the butter and cayenne, well mix and pass through a fine sieve.

Used for decorating cold fish or savouries.

## Maître d'Hôtel Butter

1 oz. of fresh butter.  
1 teaspoonful of parsley.  
Small saltspoonful of salt.  
 $\frac{1}{4}$  saltspoonful of pepper.

Pinch of cayenne.  
Pinch of grated nutmeg.  
1 teaspoonful of lemon juice.

Press the butter on a plate with a knife and add by degrees the lemon juice, then the seasonings. Finely chop the parsley, lay it in the corner of a cloth and pour some boiling water on it, then squeeze it dry and rub it apart. Just before using mix the parsley with the butter. It may be pressed into a square piece and placed on ice to harden.

## Anchovy Butter

1 oz. of fresh butter.  
3 anchovies.  
Anchovy essence.

Pinch of cayenne.  
 $\frac{1}{2}$  teaspoonful of lemon juice.

If the anchovies be salted, soak them for five minutes in tepid water. Bone, skin, and pound them in a mortar with the butter, add a little anchovy essence, take care not to make it too salt, add the cayenne and lemon juice. If the colour is not sufficiently pink add a few drops of cochineal. Pass it through a hair sieve and place on ice till required.

If preferred about a teaspoonful of anchovy paste may be used instead of the anchovies.

## Shrimp Butter

1 gill of picked shrimps.  
1 teaspoonful of anchovy  
essence.

1 oz. of fresh butter.  
Cayenne.  
 $\frac{1}{2}$  teaspoonful of lemon juice.

Pound the shrimps with the butter, then add the other ingredients, well mix; add some cochineal if necessary to make it a pink colour. Pass it through a hair sieve and place on ice till required.

## Watercress Butter

1 small bunch of watercress.  
2 ozs. of butter.  
Vinegar.

Pepper and salt.  
Cayenne.

Well wash and pick the leaves of cress, chop finely and

dry in a cloth. Mix the cress with the butter, add seasonings, also vinegar to taste. Pass it through a fine sieve.

Can be used for savouries.

### Montpellier Butter

4 sprigs of tarragon.  
4 sprigs of chervil.  
4 sprigs of parsley.  
8 chives or scallion.  
2 gherkins.  
2 teaspoonfuls of capers.

4 anchovies.  
4 hard-boiled yolks of eggs.  
4 ozs. of butter.  
Cayenne.  
Salt and pepper.

Take equal quantities of tarragon, chervil, and parsley, pull off the stalks. Place them with the chives in a pan of boiling water for two minutes, drain, and dry in a cloth. Place them in a mortar with anchovies filleted, gherkins and capers chopped finely, the yolks, salt, pepper, and butter. Pound well together, if not sufficiently green, add a little green colouring. Pass it through a fine sieve. Let it set firmly before using. Use for decorating cold fish and savouries.

### Fried Parsley

Parsley.

| Frying fat.

Wash the parsley, pick off any thick stalks, and thoroughly dry by shaking it in a cloth. Heat the fat, not quite so hot as for frying fish. Put the parsley in for half a minute. Drain and put on paper on a plate in the oven for a minute to allow it to become crisp.

If the fat is too hot the parsley will turn a bad colour, if too cool it will be sodden and greasy.

Used for garnishing, and eaten with fried dishes, as fish, croquettes, etc.

### How to Skin Tomatoes

If the tomatoes be put one at a time into a pan of boiling water for two or three seconds, the skins can easily be removed.

## CHAPTER XII

### VEGETABLES AND SALADS

In the vegetable kingdom the cereals form a very important part of our diet, by supplying chiefly the carbo-hydrates or heat-giving matter. Another nutritious group termed pulse, are those which have their seed enclosed in a pod. The most familiar are peas, beans, and lentils ; peas and beans are eaten in the green or unripe state as well as in the dried. The seeds of certain varieties of beans are dried and sold as haricot beans and butter beans ; peas when dried are usually sold as split peas, but may be bought whole or ground into meal. Vegetables included in the pulse group are very nourishing if they can be digested, they contain a large amount of flesh-forming matter, usually a fair amount of starch, but are deficient in fat. Peas and beans also contain sulphur, and tend to produce flatulence when indulged in by those of weak digestion. Lentils contain less sulphur, and do not produce this complaint so readily.

Pulse foods are suitable to, and can be digested only by, those who have strong digestive organs, having plenty of fresh air exercise.

The more succulent vegetables include tubers, as : potatoes and Jerusalem artichokes ; leaves, stems, and bulbs, as : cabbages, spinach, celery and onions ; roots and flowers, as : carrots, parsnips and cauliflower. These, though containing practically no flesh-forming matter, are nevertheless very valuable on account of the mineral matter they contain, chief of which are the potash salts, so necessary to keep the blood in a healthy condition. For this reason one or more of the above vegetables should form part of the daily diet.

In the above group the potatoes come first as having the

highest food value, as they contain comparatively a large amount of starch, 17 or 18 per cent., and less water, about 75 per cent., while many of the others, as turnips, onions, and spinach, contain as much as 90 per cent. or more of water. The fibres of green vegetables consist principally of cellulose, usually considered incapable of digestion by human beings, but acts as a useful irritant in the alimentary canal.

Vegetables containing a large amount of water supply some of that required daily in the body, and, by adding bulk, often prevent over-eating.

Care should be taken in cooking vegetables not to lose the salts.

Steaming is preferable to boiling, by preserving the juices, though it does not tend to improve the colour of green vegetables.

Potatoes should be cooked in their skins to keep in all the nutriment, for the layers next to the skin contain more of the salts and nitrogenous matter than the centre, and these tend to be dissolved out in the water, even if they are not cut off with the skin. If peeled they should then be steamed to prevent waste of nutriment.

Potatoes when boiled should be put into sufficient boiling salted water to just cover them, and allowed to boil gently to prevent breaking; they should not be cut, as they would then absorb more water, but if of different sizes the larger ones must be put in a few minutes before the smaller ones. Salt must be added to all vegetables while cooking, for potatoes about a teaspoonful to two pounds, for green vegetables about one dessertspoonful to three pints of water. Potatoes baked in their skins should be put into rather a hot oven, and when cooked, pricked to let out the steam, or they become sodden. They should be sent to table in a folded serviette in a vegetable dish; this absorbs the steam and prevents it condensing on to the potatoes.

Mashed potatoes are usually easier to digest than whole ones.

A little lemon juice added to the water in which new potatoes are boiling improves their colour. Mint is sometimes cooked with new potatoes.

Potatoes, if stored, are best kept in a barrel or bin in a

cool, dry place. They should not have the mud washed off until they are required for cooking.

Potatoes are not so good if frosted. If sprouting appears on the potatoes, break off at once, as the starch of the potato is drawn upon for this growth.

Green vegetables should be as fresh as possible to be wholesome. Stale vegetables decompose quicker in the body, and may give rise to flatulence. The outside leaves or any decayed portion must be cut off, well wash the vegetables, and leave to soak a short time in water with a little salt to draw out any insects.

To preserve the colour of green vegetables, put them into boiling soft water and cook with the lid off or tilted.

The water may be softened by adding a quarter of a level teaspoonful of bi-carbonate of soda to four or five pints of water; this will render some of the soluble hardening matter insoluble, leaving the water softer. Too much soda must not be added or the flavour of the vegetables will be spoilt, and colour, and they also become soddened. Take off the scum that rises while cooking.

The vegetable must be strained as soon as it is cooked. Cabbages should have the centres cut out or across to insure all parts getting soft about the same time.

Cauliflowers and savoy cabbages sometimes give out a very unpleasant smell while boiling; it can be removed by changing the water, putting them into fresh boiling water, or by placing a slice of stale bread with them in the saucepan.

Rinse the sink well immediately after green water has been poured down, as the smell is so objectionable.

The food value of salads depends on the mineral matter which they contain, but as they are not cooked, are often difficult to digest. Still, they are very refreshing and stimulate the appetite, especially in hot weather. They are more nourishing when served with a dressing containing oil.

Salad plants consist of lettuces, endive, chicory, watercress, small cress, cornsalad, etc., accompanied with beet-root, cucumber, etc. As salad plants are usually eaten raw, great care must be taken that they are thoroughly washed, especially watercress, and shaken well in a cloth or wire salad basket to free them as much as possible from moisture.

Varieties of salads are made of cooked vegetables, also

of fruits. Lettuces cut with a steel knife tend to turn a bad colour ; it is better to break them neatly.

Salad to be in perfection must not be mixed with the dressing until it is required for the table.

The oil for salad should be of the best quality, and must be kept in a cool place.

Vinegar should be used sparingly ; the oil ought to be used at least in the proportion of two parts of oil to one of vinegar. Tarragon and chilli vinegars improve the flavour of the dressing.

### Boiled Potatoes

Potatoes.  
Salt.

| Boiling water.

Choose the potatoes of an equal size, wash them well, peel them thinly, putting them into cold water as they are done. Have sufficient boiling water to just cover them, put in a large teaspoonful of salt, place the potatoes in, and let them boil gently until done, when a fork or skewer will pass easily through them ; time, about twenty minutes ; taking care they do not break, as they will then absorb more water. Drain them carefully, and stand the saucepan at the corner of the stove with the lid tilted, in order to dry them, or a cloth may be put on the top of the potatoes to absorb the steam. If the potatoes are not looking floury, shake the saucepan a little to rough them on the outsides. If the potatoes are of various sizes, the larger ones should be put in to cook a few minutes before the smaller ones, in order that they may be all finished cooking at the same time. Potatoes must not be cut for boiling, or a quantity of the nutriment is drawn out into the water and wasted.

A little lemon juice added while boiling potatoes often makes them whiter, especially new potatoes, if skinned before cooking.

### Boiled New Potatoes

Potatoes.  
Salt.  
Boiling water.

| Sprig of mint.  
A little butter.

The potatoes must be washed and scraped, place them in the water with the salt and mint, and boil until tender, drain them, take out the mint, cover them with a cloth to

dry. New potatoes often require peeling after they are cooked. Place the butter in the pan with the potatoes, and shake gently and turn them into a vegetable dish.

If mint is not used, add a little lemon juice.

## Steamed Potatoes

Prepare potatoes as for boiling. Place them in a steamer over boiling water on the fire and leave until a skewer will pass easily into them. Time, about half an hour. Take them from the water, lay a cloth on the top for a few minutes.

If preferred, the potatoes may be steamed in their skins. They must be well washed. When cooked, prick the skins unless they are already broken.

## Baked Potatoes

Choose rather large potatoes. Scrub the skins quite clean. Place them on a baking sheet in a moderately heated oven for three-quarters to one hour, until they are tender when probed with a skewer. Immediately they are cooked break the skin a little of each one to let the steam escape, or they become soddened.

Dish them up in a folded serviette in a vegetable dish.

## Mashed Potatoes

Stewed or boiled potatoes.

Butter or dripping.

Milk.

Pepper and salt.

Cook and dry the potatoes on the stove. Pass them through a sieve, or mash them well with a fork and then with a wooden spoon. Heat in a saucepan about half an ounce of butter, to about a pound and a half of potatoes, with two tablespoonfuls of milk, add the potatoes and beat all well together over the fire. The more they are beaten the whiter they become. Add pepper and salt to taste, and more milk and fat if necessary.

## Potato Croquets

2 lbs. of mashed potatoes.

1 oz. of butter.

Cream or milk.

2 yolks of eggs.

Pepper and salt.

Nutmeg.

Cook and mash potatoes as in the preceding recipe.

Beat them well on the fire with the butter, seasonings and one tablespoonful of milk. While very hot, add the yolks of eggs and rapidly mix them in, then turn the potato out on a dish and leave until quite cold. Make the mixture in even-sized balls, brush them well all over with beaten egg and cover with bread crumbs. Fry them in some very hot fat, for one to two minutes, to a golden colour.

Drain, and dish them in a pile on a serviette. Garnish with fried or plain parsley.

If the fat be not hot enough to colour them rather quickly, they puff up and break.

The above mixture can be used in a variety of ways, Placed in a piping bag, with a rose tube, it can be used for decorating dishes.

## Duchess Potatoes

Prepare a potato croquet mixture. Flatten it about an inch and a half in depth. Cut it into squares about two and a half inches in size, mark a trellis pattern across the tops, with the thick part of the back of a knife. Brush over with beaten egg. Place them on a baking sheet, with a piece of butter on each. Bake in a hot oven to a rich golden colour.

## Potatoes à la Maître d'Hôtel

1 lb. of new potatoes.  
1 oz. of butter.  
 $\frac{1}{4}$  oz. of flour.  
1 gill of milk.  
2 tablespoonfuls of cream.

Pepper and salt.  
1 teaspoonful of finely chopped  
parsley.  
Lemon juice.

Wash, scrape, and boil the potatoes until soft, or cold new potatoes left over may be used. Cut into slices about one-fourth of an inch in thickness. Melt the butter in a sautépan or an enamelled shallow pan, stir the flour in it for two minutes over the fire, add the milk, and stir until it boils. Put in the potatoes, pepper and salt. Shake the pan on the fire until the potatoes are quite hot, then add the lemon juice and parsley, mix together, and turn out on to a dish.

## Potatoes Sauté

1 lb. of potatoes.	Salt and pepper.
1 oz. of butter, bacon fat or dripping.	

Prepare the potatoes in the usual manner for boiling ; cook them for ten or fifteen minutes, drain before they are quite cooked, when dry cut them into slices. Make the fat hot in a frying pan, lay in the slices of potatoes, sprinkle them with pepper and salt, and fry them to a rich brown colour on both sides, then dish up. They may be sprinkled over with chopped parsley.

## Fried Potatoes

Large potatoes.	Frying fat.
Pepper and salt.	

Peel some large potatoes, cut them the required size, dry them well in a cloth. Heat the fat until a little blue vapour arises. Place the potatoes in a frying basket, in the fat, shake the basket that the potatoes cook all over alike. Cook for one to three minutes, according to the size. Drain them and keep warm. Heat the fat until a thick smoke arises, put in the potatoes to brown. Drain, and turn them on a cloth or paper, sprinkle with pepper and salt. Dish up on a serviette or paper and serve at once. Chopped parsley may be also sprinkled over them.

## Soufflé Potatoes

Dutch kidney potatoes.	Frying fat.
Pepper and salt.	

Peel and cut the potatoes into thin slices. Lay them in cold water. Place them on a cloth to dry. Cook them as above. The first time to soften the potatoes, the second time, if placed in very hot fat (400° Fahr.) they will puff out, and colour. Too many should not be placed in the basket at one time.

It is better, if possible, to have two pans of fat for these.

## Boiled Cabbage

Cabbage.  
Boiling water.

| Salt.  
| Soda.

Pull off the outside leaves from the cabbage, cut into quarters, cut off the thick centre stalks. Place the cabbage in plenty of cold water for half an hour, then wash it well and drain. Put a dessertspoonful of salt and a small quarter of a teaspoonful of bi-carbonate of soda into a large saucepan of boiling water. Place the cabbage in, press it down and make it boil quickly, keep it boiling with the cover off or tilted until the thick part of the cabbage is soft, skim it well. Drain it in a colander, pressing the water from it. Turn into a vegetable dish, and cut it across with a knife.

## Brussel Sprouts

Brussel sprouts.  
1 tablespoonful of salt.

|  $\frac{1}{4}$  teaspoonful of bi-carbonate of  
| soda.

Cut the ends of the sprouts and pull off any discoloured leaves, place them in cold water with a little salt for half an hour, then wash them well and drain. Have a saucepan half full of boiling water, add the soda and salt, put in the sprouts and boil gently until they are soft throughout. Then drain them in a colander, squeeze all the water possible without breaking them, pile them high in a vegetable dish, or butter a pudding basin, line it with the sprouts placed all one way, then fill the centre with the remainder, which have been sprinkled with pepper and salt, place some pieces of butter on the top, and put the basin in the oven for five minutes, then turn out carefully on to a hot dish.

## Mashed Turnips

1 bunch of turnips.  
1 oz. of butter or dripping.  
Some cream.

| Pepper and salt.  
| Boiling water.

Peel, wash, and cut the turnips into quarters, put them into a saucepan of boiling water with some salt, cook until tender; time, about half an hour. Drain and squeeze them as dry as possible, pass them through a wire sieve. Make the fat hot in a saucepan, mix in the turnip, with

pepper and salt to taste, add the cream, stir well, then serve dished up in a pile. If cream be not available, add a little more fat.

### New Carrots and Parsley Butter

1  $\frac{1}{2}$  lbs. of new carrots.  
1 oz. of butter.

1 teaspoonful of chopped parsley.  
Salt and sugar.

Scrape and wash the carrots, place them in a saucepan with boiling water to well cover them, add two pieces of sugar and a dessertspoonful of salt, boil until quite soft, about thirty minutes, then drain them. Make the butter hot in a stewpan, put in the carrots, pepper, salt, and parsley, toss them gently over the fire, and serve in a vegetable dish. They may also be served with melted butter sauce, and parsley added.

### Boiled Artichokes

2 lbs. of Jerusalem artichokes. |  $\frac{1}{2}$  pint of white sauce.  
A little lemon juice.

Scrub the artichokes quite clean, then peel them thinly, rubbing them over with some lemon, and putting them into cold water as they are peeled. To a saucepan (an enamelled one will help to keep them whiter) half full of boiling water add a teaspoonful of salt. Put in the artichokes and boil gently until they are soft; time, about five and twenty minutes; then drain them, place them in a vegetable dish, and pour the white sauce over them. For a change, brown sauce may be served.

The artichokes will be whiter if boiled in milk and water.

### Boiled and Mashed Parsnips

3 or 4 parsnips.  
1 oz. of butter or dripping.

Pepper and salt.  
Teaspoonful of chopped parsley.

Choose medium-sized parsnips firm and heavy for their size, wash and peel them, cut each into about four or more pieces, as near as possible of the same size, put them into a basin of water. Have some boiling water in a saucepan, add a teaspoonful of salt to a quart of water, put in the

parsnips, let them boil gently until a fork can pierce them easily, time according to the size and age of parsnips, from fifteen to thirty minutes. Lift them out with a slice and drain in a colander. They can be served plainly by placing them in a vegetable dish. To mash, turn them into a hot saucepan, break them up well with a fork, then finish mashing them with a wooden spoon, add the fat, salt and pepper to taste ; if very dry a little milk may be added. Well grease a pudding basin, sprinkle the chopped parsley all over the inside, fill the basin with the parsnip, place the basin in the oven for five minutes, turn the contents on a vegetable dish, the parsnip will turn out the shape of basin.

### Colcaunon

1 lb. of cold potatoes.  
1 lb. of cold greens.

1½ ozs. of bacon fat, butter, or  
dripping.  
Pepper and salt.

Pass the potatoes and greens through a sieve, add pepper and salt to the taste. Melt the fat in a frying-pan, add the vegetables, stir over the fire until they are thoroughly hot, then turn them over to one side in the shape of an omelet and brown the under side quickly. Turn over on to a hot dish and serve.

If preferred, the potatoes can be mashed and the greens finely chopped instead of passing them through a sieve. Instead of frying the vegetables after seasoning, melt and mix in the fat. Well grease a basin, sprinkle some bread crumbs all over, put in the vegetables, and bake in a hot oven for about fifteen or twenty minutes to brown the outside. Then turn on to a dish.

Thin slices of fat bacon or pork rolled, placed on a skewer and cooked in the oven, can be served round the vegetables. Cook the bacon first, keep warm, and use the fat to cook the vegetables.

### Boiled Celeriac and White Sauce

3 or 4 roots of celeriac.  
Salt.

Milk and water.  
White sauce.

Peel the celeriac, wash, and cut each into three or four slices, or quarters, as near as possible the same size. Place

them into a pan of boiling water, or part milk and part water. Add a teaspoonful of salt. Allow them to boil until tender. About half an hour, or according to the size. Lift them with a slice into a colander to drain. Lay them in a vegetable dish and pour some white sauce over them.

### Fried Celeriac and Tomato Sauce

Celeriac.  
Salt and pepper.  
Egg and bread crumbs.

Tomato sauce (p. 238).  
Frying fat.

Peel and wash the celeriac, cut into slices about one inch in thickness. Boil until barely tender. Drain. When cold, brush each slice all over with beaten egg, in which some pepper and salt has been mixed. Cover them with bread crumbs. Flatten the crumbs on, then shake any loose ones off. Fry three or four at the time in some very hot fat until a brown colour. Drain and dish up on serviette or paper. Serve the sauce in a tureen.

### Stewed Celery and White Sauce

4 heads of celery.  
Milk.  
1 oz. of butter.

1 oz. of flour.  
Salt.

Take off the outside pieces from the celery, trim the roots to a point, cut off the ends, leaving the celery about seven inches in length, cut each stick into halves and wash them well, leaving them in cold water for half an hour. Tie them into two bunches. Place them in a saucepan with sufficient cold water to cover and a teaspoonful of salt, boil gently for a quarter of an hour. Drain the celery and pour the water away. Return the celery to the pan and just cover with milk, or milk and water, add a little salt, and simmer gently until quite soft—about three-quarters of an hour. Take up the celery. Melt the butter, cook the flour in it for two minutes without allowing it to colour, then add half a pint of the milk in which the celery was cooked, and stir until it boils. Season it to taste, and pour it over the celery in a vegetable dish.

## Braised Celery

4 heads of celery.  
1 onion.  
 $\frac{1}{2}$  carrot.  
Parsley.

1 oz. of butter or bacon fat.  
Stock.  
Salt and pepper.  
Lemon juice.

Trim and wash the celery, put it into cold water and bring to the boil ; cook for ten minutes and drain. Make the butter hot in a stewpan, add the vegetables sliced, lay the celery on the top, cover with greased paper, and fry for ten or fifteen minutes, add the stock to reach about half-way up the celery, braise gently for about one hour, or until it is quite tender. Dish up the celery, brush it over with some glaze, skim, and reduce the stock to about one gill, flavour with salt and lemon juice and pour around the celery.

The gravy may be thickened with baked brown flour if a sauce is preferred.

## Cauliflower au Gratin

1 large cauliflower.  
1 oz. of butter.  
1 oz. of flour.  
1 oz. of grated Parmesan  
cheese.

1  $\frac{1}{2}$  gills of milk.  
Mustard, mixed.  
Pepper, salt, and cayenne.  
Fried croûtons of bread.  
 $\frac{1}{2}$  tablespoonful of dried crumbs.

Boil the cauliflower until soft, but do not let it break. Cut the stalk off quite close to the flower, stand it up on a dish or plate. Make a sauce in a similar manner as for Macaroni au Gratin, pour it all over the cauliflower, sprinkle some cheese and bread crumbs over the top, place some pieces of butter on, and bake quickly till of a rich brown colour. Garnish round the edge with the croûtons, and serve.

The cauliflower is very nice if cooked in the same way, omitting the cheese, mustard, and cayenne, adding grated nutmeg instead.

## Fried Cauliflower

1 large cauliflower.  
1 tablespoonful of flour.  
1 to 2 ozs. of butter.

Pepper and salt.  
Fried croûtons of bread.

Boil the cauliflower until soft, but do not let it break. Divide it into small tufts and dredge all over with the flour.

Make some butter very hot in a sauté- or frying-pan, put in the cauliflower and fry it quickly to a brown colour all over, turn it carefully over with an iron spoon, taking great care not to break up the pieces. When brown, arrange in a pile on a dish and garnish round with some fried croûtons of bread cut into half-moon shapes.

## Spinach and Cream

2 lbs. of spinach.	Pepper and salt. Croûtons of fried bread or pastry.
1 oz. of butter.	
2 or 3 tablespoonfuls of cream.	

Pick the stalks off the spinach and wash it until quite clean in three or four waters; drain it. Have a large saucepan half full of boiling water, add one-fourth of a teaspoonful of carbonate of soda and one tablespoonful of salt. Put the spinach in and boil quickly for six or eight minutes. Strain it in a colander, then place it in a clean cloth and twist to squeeze as much water as possible from it. Pass it through a wire sieve. Make the butter hot in a saucepan, add the spinach, pepper and salt to taste. Stir it over the fire and add the cream. Turn it into a pile on a dish, and garnish with pieces of bread cut into shapes and fried, or pastry baked in fancy shapes.

If cream is not available, a little more butter can be added, or some white sauce may be used. The spinach can be chopped, if liked, instead of being passed through a sieve.

## Spinach and Poached Eggs

The spinach to be prepared as in the preceding recipe. When dished up, flatten the top a little. Lay three poached and well-drained eggs on the top, and garnish round with croûtons of bread.

## Spinach and Gravy

2 lbs. of spinach.	3 or 4 tablespoonfuls of good gravy. Croûtons of bread.
1 oz. of butter.	
Pepper and salt.	
1 tablespoonful of flour.	

Prepare the spinach as for Spinach and Cream. Fry the flour with the butter in a saucepan for two minutes, add the

spinach, pepper and salt to taste, and as much gravy as possible, without making it too soft. Stir over the fire, and when quite hot, turn on to a dish, and garnish round with croûtons.

## Asparagus

1 bundle of asparagus.

| Hollandaise sauce (p. 235) or  
2 ozs. butter melted.

Scrape the asparagus and lay in a pan of water. Place them in a bundle again with the heads quite level, tie them and cut the stalks evenly. Leave in cold water for a short time. Have a saucepan of boiling water, add a dessertspoonful of salt, put in the asparagus and boil gently until tender; time, from twenty to thirty minutes. Lift the asparagus out of the water with a slice, taking care not to break any of the heads off; place it on the top of a slice of toast in a vegetable dish. Some Hollandaise sauce, butter melted, or melted butter with half a teaspoonful of lemon juice in it, should be served in a sauceboat.

## Globe Artichokes

Artichokes.

Boiling water.

| Salt.

| Hollandaise sauce (p. 235).

Trim the artichokes by cutting the tips of the leaves straight with scissors, cut off the stalks, and wash well in water. Place them in boiling water with a dessertspoonful of salt, and keep them boiling until the leaves can be pulled out easily, then drain them and dish on a serviette. Serve the sauce in a sauceboat. The artichokes may be served cold with a plain salad dressing.

## Boiled Beetroots

Beetroots.

1 tablespoonful of salt.

| 1 tablespoonful of vinegar.

Wash the beetroots well without breaking the skin, or the colour will be spoilt. Place them in a saucepan and cover with boiling water, add the salt and vinegar, boil gently until they are quite soft, then lift them out to cool. Skin and cut into thin slices, and sprinkle with salt and pepper and pour vinegar over.

If the beetroot be broken, stick the broken or cut part in the fire, gas, or on a very hot stove. This will form a dried layer over the broken part, and prevent the colour from coming out while cooking.

## Young Green Peas

1 lb. of green peas.  
 $\frac{1}{2}$  oz. of butter.  
 White sugar.

Salt and pepper.  
 Mint.

Choose the young peas before the shells become stringy. In this condition the peas are very small. Cut off the stalks and tips of the pea shells, place them in cold water, well wash and drain. Put them into boiling soft water with a dessertspoonful of salt, a sprig of mint and two lumps of sugar, allow them to boil gently until tender; time, from twelve to fifteen minutes, then drain them, and take out the mint. Melt the butter in a saucepan, add the peas, pepper, and salt to taste, toss them gently over the fire, then serve.

If preferred, instead of boiling the mint with the peas it can be blanched in boiling water, chopped, and added to the peas with the butter.

## Nettles

1  $\frac{1}{2}$  lb. of nettles.  
 1 tablespoonful of salt.  
 Pepper.

1 oz. of butter, cream, milk, or  
 gravy.  
 Vinegar.

The nettles should be the very young shoots. Pick off the stalks and well wash them. Have a large saucepan of boiling water, soften it if necessary with a little soda, add the salt, put in the nettles, and boil them quickly, with the cover off or tilted, for twenty minutes; drain them in a colander, squeeze all the water from them. Pass them through a wire sieve, or finely chop them. Make the butter hot, add the nettles, vinegar, pepper and salt to taste, stir them well over the fire, adding cream, milk, or gravy without making the mixture too soft. Turn on to a dish in a pile and garnish round with croûtons.

Nettles are excellent for purifying the blood, and have the great advantage of being very plentiful at the time when other green vegetables are scarce and dear.

## Braised Spanish Onions

3 or 4 onions.	4 or 5 tablespoonfuls of gravy.
1 teaspoonful of castor sugar.	1 oz. of fat.
$\frac{1}{2}$ teaspoonful of salt.	

Peel the onions ; make the fat very hot in a saucepan just large enough for the onions to stand on the bottom ; put in the onions, sprinkle the sugar over, and brown them quickly. Add just enough gravy to cover the bottom of the pan, put in the salt and simmer gently, until when probed with a skewer they are quite tender ; turn them over occasionally. Time required to cook, from one to one and a half hours. Dish them up with the gravy poured round.

## Curried Vegetables

Mixed vegetables.	1 dessertspoonful of chutney.
3 onions.	$\frac{1}{2}$ teaspoonful of lemon juice.
1 oz. of butter or dripping.	Salt.
1 tablespoonful of flour.	$1\frac{1}{2}$ gills of milk.
1 dessertspoonful of curry powder.	Fried croûtons.

Chop the onions and fry them in the fat in a saucepan. Add the flour, curry, and chutney, and stir over the fire for a minute ; mix in the milk, and stir until it boils, then cook gently for twenty minutes. Pass it through a wire sieve, then return it to the saucepan ; season with salt and lemon. Take some cooked vegetables, as carrots and turnips, cut into neat pieces, haricot beans, sprigs of cauliflower, or any vegetables liked, make them thoroughly hot in the sauce. Fry some thick croûtons of bread and fasten them on a dish with a little flour and water in a circle. Place the dish in the oven for a few minutes, then place the vegetables in a pile in the centre, taking care not to mash them, and pour the sauce over.

## Stewed Mushrooms

$1\frac{1}{2}$ lbs. of mushrooms.	1 large teaspoonful of flour.
1 oz. of butter or dripping.	1 gill of gravy.
1 teaspoonful of chopped parsley.	Pepper and salt.

Peel and wash the mushrooms, fry them in a saucepan with the fat for two or three minutes, then add some of the

gravy, salt, and pepper ; simmer for seven minutes. Mix the flour with the remainder of the gravy, pour in and stir about until they boil again, cook gently for five minutes, add the parsley, and more gravy if necessary. Turn out into a vegetable dish.

## Vegetable Marrow Fritters

1 marrow.	Pepper and salt.
4 ozs. of cooked fat ham.	Cayenne.
1 tablespoonful of bread crumbs.	Egg and bread crumbs.
1 teaspoonful of chopped parsley.	Frying fat.
	White sauce.

Choose a long marrow, cut it into slices about one inch in thickness, peel them. Place them in a saucepan of boiling water with salt, and partly boil them, drain and cut out the seedy centres. Mince the ham, mix it with the parsley and seasonings, if necessary use a little water to bind altogether. Fill the centres of the slices of marrow with this mixture, then brush them over well with beaten egg, and cover with bread crumbs, fry them in hot fat until quite cooked, about two to three minutes. Dish up on a serviette or paper, garnish with parsley and serve with white sauce separately.

## Cucumber au Gratin

1 thick cucumber.	Lemon juice.
3 ozs. of cooked ham.	Paprika pepper.
1 oz. of flour.	Salt and pepper.
1½ ozs. of butter.	Nutmeg.
1 teaspoonful of chopped parsley.	1½ gills of milk.
	Bread crumbs.

Cut the cucumber into pieces of one and a half inches. Cut out the seed centres, and peel. Place the slices into boiling water with a teaspoonful of salt, and boil them until they are soft ; time, about ten to fifteen minutes, then drain them. Pound the ham finely, if very lean a little butter must be used, add paprika pepper and parsley. Fill the centres of the cucumber with this mixture, using a forcing-bag ; lay them upon a buttered fire-proof china dish, and sprinkle over them a little lemon juice.

Make a stiff white sauce (p. 231), using an ounce of the

butter, the flour, and the milk, season, adding the nutmeg. Ladle this sauce over the cucumber, sprinkle some bread crumbs over, and place the remainder of the butter in small pieces on the top. Bake in a very hot oven to brown the surface.

### Leeks au Gratin

12 leeks.	Pepper and salt.
1½ ozs. of butter.	Cayenne.
1 oz. of flour.	1½ gills of milk.
1 oz. of grated Parmesan cheese.	Mustard.
1 oz. lean cooked ham.	Vinegar.

Trim and well wash the leeks, tie them into two bundles, cut them of even lengths. Put them into boiling water with salt to cook until tender—time, from half to one hour, according to the age and size. Drain well. Sprinkle a tablespoonful of vinegar over them. Melt one ounce of the butter, add the flour, stir over the fire without allowing it to colour, add the milk by degrees, stir until it boils. Add half of the cheese, the ham chopped, and seasonings. Lay the leeks in a buttered gratin dish, ladle over the sauce, sprinkle over the remainder of the cheese, then a few bread crumbs. Put the butter in a small piece on top, and bake in a very hot oven to colour the top.

The ham may be left out if wished.

### Salsifies and White Sauce

Bundle of salsifies.	½ pint of white sauce.
Lemon.	

Scrub the roots clean and scrape off the skin, rub them with lemon juice to keep them white, and put them into a basin of cold water. Boil the salsifies in a saucepan of water with a little lemon juice, or vinegar, and a dessertspoonful of salt; cook until soft, from three-quarters to one hour. Drain them, and if large cut each into two or three pieces, put back into a saucepan with the white sauce, squeeze in a little lemon juice, leave on the stove for a few minutes to warm thoroughly, then turn them into a vegetable dish and serve. Brown sauce may be used instead of white for a change.

## Salsifies Fried in Batter

Bundle of salsifies.  
Frying batter.  
Vinegar or lemon juice.

Salad oil.  
Pepper and salt.

Prepare the salsifies as in the preceding recipe. Cut into pieces about two or three inches in length. Place in a basin, pour over about a teaspoonful each of oil and lemon juice or vinegar, add a little pepper and salt, let them stand for half an hour or longer. When ready to fry, drain, and dip them into the frying batter, fry in hot fat to a golden colour. Dish them on a serviette and garnish with parsley.

If preferred, some melted butter may be served in a sauceboat.

## Stuffed Mushrooms

7 or 8 mushrooms.  
1 oz. of lean ham.  
1 oz. of butter.  
Tablespoonful of bread crumbs.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.

Small shallot, chopped.  
Gravy.  
Lemon juice.  
Pepper and salt.  
Cayenne.  
Fried croûtons.

Choose the mushrooms of equal size and rather large ; peel and wash them. Chop the ham and mix with the crumbs, parsley, and seasonings. Cook the shallot in the butter for one minute, and add with a little gravy to moisten. Fill the mushrooms with this mixture, sprinkle a few brown crumbs over, and place some pieces of butter on the tops. Bake in a moderately hot oven for ten minutes. Cut some rounds of bread a little larger than the mushrooms ; fry them. Dish up the mushrooms on the croûtons, and serve as a second course vegetable. Without the croûtons they are used as a garnish for braised beef or veal.

## Celery Soufflé

3 heads of celery.  
1 oz. of butter.  
1 oz. of flour.  
1 tablespoonful of cream.  
2 eggs.

$1\frac{1}{2}$  gills of milk and water.  
Pepper and salt.  
Nutmeg.  
Cayenne.

Well wash the celery, take off any coloured part, place it in a pan covered with cold water, let it boil and strain ; place it in some fresh boiling water with a little salt and boil it

gently until quite soft, about half an hour, drain from the water, saving the latter for the sauce. Melt the butter, mix in the flour, add the liquid, by degrees, using half celery water and half milk, stir on the stove until it boils; take it off the fire and let it get quite cold, season it well, add the cream, and yolks of the eggs beating the mixture well between each. Cut the celery into half-inch pieces, stir it into the mixture, lastly add the whites of eggs, whipped stiffly. Butter a pint-sized pie-dish or soufflé mould, fasten a greased paper band round the dish to reach about three inches above the mould, and bake in a moderately hot oven, till it has risen nearly twice its height and is lightly coloured on top, from twenty to thirty minutes. Serve quickly.

If preferred, the celery may be passed through a sieve before adding.

### Spinach Soufflé

1½ lbs. of spinach.

1 oz. of butter.

1 oz. of flour.

Cayenne.

Pepper and salt.

2 large eggs.

2 tablespoonfuls of cream.

2 tablespoonfuls of milk.

Wash, cook, and press the water from the spinach (p. 260), pass it through a wire sieve. Melt the butter in a stewpan, add the flour and stir it for a minute over the fire; pour in the milk and stir till it boils, add the spinach, cream, peppers, and salt to taste. When quite cold stir in the yolks of the eggs, beat the whites to a stiff froth and gently stir them into the spinach. Turn it into a buttered soufflé dish and fasten a buttered band of paper round the outside, reaching two or three inches above the top. Bake in a hot oven for twenty to twenty-five minutes. The mixture may be cooked in eight or nine small china or paper soufflé cases, placing a band of paper round each, and baking for about fifteen minutes. The soufflé must be served directly after being taken from the oven.

### Curried Rice

½ lb. of Patna rice.

1½ ozs. of butter or bacon fat.

Dessertspoonful of curry powder.

Water.

2 large onions.

Salt.

Rind and juice of ½ a lemon.

Hard-boiled egg.

Well wash and dry the rice. Finely mince the onion.

Melt the fat in a saucepan, add the onion, fry without letting it take much colour. Put in the curry powder and rice and fry it for three minutes. Season with salt and lemon juice. Just cover the rice with cold water and cook it very slowly until the rice is quite soft and dry. Add more water if necessary, and keep the lid on the whole time. Stir with a fork not to mash the rice. More curry can be added if required hotter.

Dish up in a pile and garnish with hard-boiled egg cut into sections, or fried croûtons of bread.

### Savoury Rice

$\frac{1}{2}$ lb. of Patna rice.	Salt, pepper, and paprika pepper.
2 tablespoonfuls of Parmesan	1 onion.
or Gruyère cheese.	1 $\frac{1}{2}$ ozs. of butter.

Wash and dry the rice. Chop the onion. Melt the butter in a saucepan, fry the onion in it without letting it colour. Add the rice, salt, and water to cover. Simmer gently until the rice is quite cooked and dry, adding more water if necessary. Stir part of the cheese in the rice with the pepper and paprika. Pile it on an au gratin dish. Sprinkle cheese and paprika over the top. Place in the oven to lightly colour.

### Suitable Vegetarian Dishes

The following dishes will be suitable for a vegetarian diet if cheese, eggs, or some other nourishing article be substituted for ham and vegetable butter be used for the fat.

The nourishment will be greatly increased by adding one to two ounces of a food basis, such as: Plasmon or Emprote.<sup>1</sup> Many of the preceding vegetable dishes may also be made more nourishing by adding either of these.

Where possible use milk to mix instead of water.

Great care must be taken in cooking not to lose any of the nourishing juices, steaming being generally preferable to boiling.

<sup>1</sup> Sold by Eustace Miles.

## Haricot Beans

$\frac{1}{2}$  pint of haricot beans.

Boiling water.

1 oz. of butter or dripping.

1 teaspoonful of chopped parsley.

Pepper and salt.

Wash the beans and leave them to soak in cold water, with quarter teaspoonful of bi-carbonate of soda, for at least twelve hours, then drain them. Put them, with a piece of fat, into a saucepan half full of boiling water, boil them gently until quite soft ; time, from two and a half to three hours. Strain them carefully. Make the butter hot in the saucepan, add the beans, pepper, salt, and parsley, toss them gently on the fire, and turn them into a hot dish, or instead of tossing them in the butter, parsley butter sauce may be served with them.

## Haricot Beans Sauté

$\frac{1}{2}$  pint of haricot beans.

1 oz. of dripping.

Small onion.

1 teaspoonful of parsley.

Pepper and salt.

Dessertspoonful of flour.

$1\frac{1}{2}$  gills of gravy.

Cook the beans as in the preceding recipe. Make the fat hot in the saucepan, chop the onion, and add with the flour, stir until it is of a brown colour, add the gravy, then stir till it boils. Turn the beans in with the parsley, pepper, and salt, toss over the fire a few minutes, then serve.

## Lentil Cutlets

$\frac{1}{2}$  pint lentils.

1 to 2 ozs. of cooked ham or bacon.

1 teaspoonful of chopped mint or parsley.

1 oz. of dripping.

Salt and pepper.

1 egg.

Egg and bread crumbs.

Some parsley stalks.

Frying fat.

Wash the lentils and tie them in a pudding-cloth, put them into boiling water, and cook them until soft, about twenty minutes, then drain in a colander. Chop the bacon or ham finely, mash the lentils well and mix with the ham, mint, and fat, salt and pepper to taste. Bind with the beaten egg. If the mixture be rather soft, a few bread crumbs may be added. Divide into seven or eight equal portions. Press them into cutlet shapes with a knife, brush them all over with beaten egg, and cover with bread crumbs. Fry them till of a brown colour for two minutes in very hot

fat ; drain them well and stick parsley stalks into the thin ends to represent the bones of the cutlets, dish them up in a circle, and garnish with parsley.

If liked, the ham can be left out and some fried chopped onion substituted.

### Tomatoes au Gratin

6 medium-sized tomatoes (1 lb.).	$\frac{1}{2}$ teaspoonful of salt.
3 tablespoonfuls of bread crumbs.	Pepper and cayenne.
$1\frac{1}{2}$ tablespoonfuls of grated cheese.	1 oz. of butter.
	1 oz. chopped shallot.

Prepare the tomatoes as for Savoury Tomatoes. Mix the pulp with half of the butter melted, the shallot fried, and the other ingredients. Fill the cases, sprinkle over a few crumbs and some grated cheese, and put the butter in small pieces on the tops. Bake in hot oven to colour the tops. Time, eight to ten minutes.

### Stuffed Tomatoes

Take the above ingredients, using three ounces of chopped cooked ham instead of cheese.

### Italian Potato Pie

1 lb. of potatoes.	2 tablespoonfuls of milk.
1 oz. of grated Parmesan cheese.	1 egg.
$\frac{1}{2}$ oz. of butter.	Paprika pepper and salt.

Boil the potatoes in their skins, skin and well mash them, mix in the butter, milk, pepper and salt. When cool, mix in the yolk of egg and cheese. Beat the white to a stiff froth and mix in lightly. Turn the mixture into a shallow pie-dish, sprinkle a little cheese over and place a few pieces of fat on the top. Bake in rather a hot oven for about fifteen minutes, letting the top brown. This mixture can be baked in scallop shells, serving one for each person.

### Aubergines or Eggplants

4 aubergines.	2 tablespoonfuls of bread crumbs
1 oz. of butter.	Paprika pepper and salt.
1 teaspoonful of parsley.	1 shallot.
2 tablespoonfuls of chopped cooked ham.	

Take off the stem, wash, and cut each aubergine into

two lengthways, scoop out most of the inside. Place the skin portions into salted water. Chop the pulp and mix with the ham, parsley, and shallot chopped finely. Add the bread crumbs, the butter, paprika, and half a teaspoonful of salt. Dry the cases and fill with this mixture, sprinkle a few bread crumbs over the tops, place some pieces of butter on them and bake for twenty-five to thirty minutes in a hot oven.

### Aubergines Fried or Grilled

4 aubergines.	Paprika, mustard, salt.
2 tablespoonfuls of salad oil.	

Peel and cut the aubergines into slices an inch thick. Steep these in some salad oil, a little mustard, paprika pepper and salt. Fry or grill them for ten to fifteen minutes. They can be served thus, or with a tomato sauce poured round.

### Aubergines with D'Uxelle Stuffing

4 aubergines.	2 tablespoonfuls of bread crumbs.
D'Uxelle sauce (p. 237).	
	½ oz. of butter.

Wash, stem, and cut the aubergines into halves lengthways. Scoop out the central portion from each. Soak the cases in salted water. Chop the pulp and mix with d'uxelle sauce and the bread crumbs. Wipe the cases, fill them with the mixture, sprinkle a few crumbs over the tops and place the butter in pieces over. Bake them in a hot oven for half an hour.

### Haricot Beans and Tomato Pie

1 pint of cooked haricot beans.	1 chopped onion fried.
¾ lb. of tomatoes.	
1 lb. of boiled potatoes.	
1 dessertspoonful of chopped parsley.	
	¼ teaspoonful of mixed herbs.
	¼ teaspoonful of pepper.
	½ teaspoonful of salt.
	1½ ozs. of butter or other fat.

Well mash the potatoes, season and add about half an ounce of the butter; if cold potatoes are being used, a little milk also can be added. Put a layer of beans in a pie-dish, skin the tomatoes and cut into slices, put a layer of tomatoes on the beans, sprinkle a little onion over, also pepper, salt, and herbs. Repeat putting layers until all are used up. Break the butter in pieces over the top. Cover the dish with the mashed potatoes, egg it and place a few pieces

of fat on the top. Bake in a hot oven until the potatoes are nicely browned, and the vegetables thoroughly hot.

Chopped fat bacon may be used instead of the butter if preferred.

## Mushroom Rissoles

### *Filling.*

12 or 14 medium-sized mushrooms.  
2 ozs. of cooked ham.  
 $\frac{1}{2}$  oz. of bread crumbs.  
1 oz. of butter.  
1 teaspoonful of parsley.  
Pinch of mixed herbs.  
1 teaspoonful of lemon juice.

Paprika pepper.  
Salt and pepper.

### *Paste.*

$\frac{3}{4}$  lb. of mashed potatoes.  
3 ozs. of flour.  
2 ozs. of butter or dripping.  
Salt and pepper.  
Egg and bread crumbs.

Well mash the potatoes, mix in the butter, pepper, and salt to taste, then add the flour. Roll this paste out rather thinly, and cut twelve or fourteen rounds an inch larger than the mushrooms. Peel and wash the mushrooms, sprinkle the lemon juice, pepper, and salt over the insides. Chop the ham finely, also the parsley, mix the remainder of the ingredients. If the ham be fat, less butter can be used. Put this mixture on half of the mushrooms, lay the other mushrooms over the tops, pressing together. Place them upon some of the rounds of paste, brush the edges well with egg and cover with the remainder of the paste, joining the edges together. Brush them all over with beaten egg and cover with crumbs. Fry them to a golden colour in hot fat, then place them in the oven for a quarter of an hour, or they may be kept in the fat for ten minutes. Drain, and serve them garnished with fried parsley.

## Mushrooms Pasties

$\frac{1}{2}$  lb. of mushrooms.  
1 to 2 ozs. of butter.  
1 onion if liked.  
1 teaspoonful of chopped parsley.  
Pinch of mixed herbs.  
2 teaspoonfuls of lemon juice.

Pepper and salt.  
Cayenne  
6 ozs. of flour.  
4 ozs. of fat.  
Salt.  
 $\frac{1}{2}$  teaspoonful of baking-powder.  
Water.

Peel and wash some rather small mushrooms, cut them into two or four pieces. Make some stiff short pastry with the flour, fat, salt, baking powder and water. Roll out the

pastry and cut it into six or eight rounds, the size of a small plate. Lightly mix the mushrooms with the parsley, herbs, lemon juice, finely chopped onion, pepper, and salt; lay some on each round of paste, break the butter in small pieces and put on the top of the mixture; wet the edges of the paste and join together over the top of mushrooms. Brush over the outsides with beaten egg and bake to a rich colour for twenty to thirty minutes. Serve hot, garnished with parsley.

If preferred, two ounces of cooked ham or bacon may be added to the mixture and less butter can then be used.

### Mushroom Pudding No. I

$\frac{3}{4}$ lb. of mushrooms.	1 oz. butter.
2 ozs. of cooked ham.	Grated rind and juice of lemon.
2 ozs. of bread crumbs.	1 onion.
1 teaspoonful of chopped parsley.	6 ozs. of flour.
$\frac{1}{2}$ level teaspoonful of salt.	3 ozs. of suet.
$\frac{1}{4}$ level teaspoonful of pepper.	$\frac{1}{2}$ teaspoonful of baking-powder.
	Water or gravy.

Choose medium-sized mushrooms, take off the stalks, peel and wash them. Chop the ham and onion, mix these with the crumbs, parsley, pepper, salt and lemon rind, then add the juice of the lemon, butter melted, and beaten egg bind together, using a little water if necessary. Fill the mushrooms with this mixture. Mix the suet, baking-powder, pinch of salt and flour, bind to a stiff paste with water, cut off about one-fifth, and reserve for the top, roll the remainder out and with it line a greased pint pudding basin, place the mushrooms in, three parts fill the basin with gravy or water, roll out the remaining piece of paste, wet the edges of the crust, place the cover on, press edges together. Tie a pudding-cloth over the top and boil the pudding for two hours.

### Mushroom Pudding No. II

1 lb. of mushrooms.	1 oz. of butter.
1 onion chopped.	Juice of $\frac{1}{2}$ lemon.
1 teaspoonful of chopped parsley.	$\frac{1}{2}$ teaspoonful of salt.
$\frac{1}{4}$ teaspoonful of mixed herbs.	$\frac{1}{4}$ teaspoonful of pepper.

Pudding crust as for Mushroom Pudding No. I. Peel, stalk, and wash the mushrooms; line the basin with the

crust as in preceding recipe, put in the mushrooms, sprinkling the onion, parsley, and other seasonings in between. Half fill the basin with water. Put the butter in pieces on the top. Cover with the paste and boil for two hours.

## Nut Cutlets No. I

4 ozs. of walnuts.  
 $\frac{3}{4}$  lb. of potatoes.  
 1 oz. of butter.  
 Nutmeg.  
 Pepper and salt.

Cayenne.  
 1 egg and 1 yolk.  
 Bread crumbs.  
 Frying fat.

Peel, boil, and well mash the potatoes, mix in the butter, seasonings, and the nuts, the latter having been passed through a mincing machine. Mix in one yolk of egg. Divide the mixture into small portions and shape similarly to cutlets. Stick a piece of macaroni in the end of each to represent the bone. Brush them over with egg and cover with bread crumbs. Fry them in some hot fat, dish up, and serve with a brown or tomato sauce.

If preferred, instead of sticking macaroni in the cutlets, fry them and then stick a thick green parsley stalk in the narrow end of each.

Three ounces of bread crumbs may be used instead of potatoes.

## Nut Cutlets No. II

4 ozs. of walnuts or almonds.  
 $\frac{1}{2}$  gill of lentils.  
 1 onion.  
 2 tablespoonfuls of bread  
 crumbs.  
 $\frac{1}{2}$  oz. of butter.

Cayenne.  
 Salt and pepper.  
 1 yolk of egg.  
 Egg and bread crumbs.  
 Frying fat.

Wash the lentils (the pink lentils will not require soaking), place them in a saucepan with the onion cut into quarters and just cover them with water. Let them cook slowly until quite soft—time, about twenty minutes. Turn them into a strainer, standing in a jug to let as much liquor drain from them as possible. If almonds be used, skin them, pass the nuts through a machine or finely chop them, put them into a basin. Crush the lentils and chop the onion, mix with the nuts, butter, crumbs, and seasonings,

and bind with the yolk of egg. Should the lentils not be drained very dry, more crumbs will be necessary. Leave the mixture to get quite set, divide it into ten or twelve portions and finish as in the preceding recipe. Make a brown sauce to serve with them, using the liquor from the lentils.

### Marrow Stuffed with Nutmeat

1 marrow.	1 small onion.
4 ozs. of peanuts, walnuts, or other nuts.	Nutmeg.
4 ozs. of bread crumbs.	2 eggs.
1 oz. of butter.	$\frac{1}{2}$ gill of milk.
$\frac{1}{2}$ oz. of flour.	Pepper, salt, cayenne.
	Juice of $\frac{1}{2}$ a lemon.

Peel the marrow. Boil it in salted water and drain before it is quite cooked. Cut it into halves lengthways, scoop out all the seeds. Pass the nuts through a machine. Grate or chop the onion, and fry with the flour in half of the butter to a brown colour, mix it with the crumbs, nuts, and seasonings. Add the beaten eggs and sufficient milk to just bind the mixture. Fill the two halves of the marrow with it, sprinkle a few crumbs over. Place the butter in small pieces over the top. Bake in a hot oven fifteen to twenty minutes, to brown the top.

Serve with brown, tomato, or apple sauce.

### Nutmeat Roll

6 ozs. of bread crumbs.	$\frac{1}{2}$ gill of milk.
6 ozs. of cashew or other nuts, passed through a machine.	Juice and rind of 1 lemon.
3 ozs. of whole roasted hazel nuts.	$\frac{1}{2}$ teaspoonful of salt.
1 large onion.	$\frac{1}{4}$ teaspoonful of celery salt.
1 oz. of butter.	$\frac{1}{4}$ teaspoonful of pepper.
2 eggs.	Pinch of cayenne.
	Pinch of mace.

#### *For the Pastry.*

10 ozs. of flour.	$\frac{1}{4}$ teaspoonful of salt.
5 ozs. of vegetarian butter.	Water.
Teaspoonful of baking-powder.	

Grate or mince finely the onion, fry it a little in the butter. Mix it with the other ingredients, except the whole nuts. Bind with the eggs well beaten and milk. Form the mixture in a roll, distributing the whole nuts in it.

Make a stiff, short paste. Roll it out to a shape to entirely cover the roll. Wet the edges and join together underneath. Mark the top with a knife and brush over with beaten egg. Bake until the crust is quite cooked. Time, from twenty to thirty minutes.

Serve either hot with a savoury sauce, brown or tomato ; or cold, with a salad.

## Salad Cream

1 pint of milk.	Dessertspoonful of mustard.
1 $\frac{1}{4}$ ozs. of flour.	Dessertspoonful of castor sugar.
4 ozs. of fresh butter.	2 eggs.
$\frac{1}{2}$ teaspoonful of salt.	2 tablespoonfuls each of tarragon,
$\frac{1}{4}$ teaspoonful of white pepper.	chilli, and plain vinegars.

Mix the flour to a paste with a little milk, scald the remainder and pour on to the flour, stirring well, stir it over the fire until it boils, add the sugar and butter in pieces, constantly stirring it. Let it boil for five minutes, take it off the fire. Whisk the eggs well, and pour the hot mixture on to them, whisking well at the same time. Mix the mustard, vinegar, pepper, and salt, and when the mixture is nearly cold, stir all well together ; strain and when quite cold, bottle. This cream will keep good for months.

## Plain Salad

2 lettuces.	1 teaspoonful of castor sugar.
Beetroot.	$\frac{1}{2}$ teaspoonful of mixed mustard.
1 hard-boiled egg.	$\frac{1}{4}$ teaspoonful of salt.
2 tablespoonfuls of salad oil.	Pepper.
1 tablespoonful of vinegar.	

Crush the yolk of the egg in a basin, add half of the vinegar, mustard, sugar, pepper, and salt, stir well with a wooden spoon, add the oil by degrees, and the remainder of the vinegar. Well wash the lettuces, shake the water from them, and break into small pieces ; cut the beetroot into thin slices, and cut the white of the egg small. Save one small heart of lettuce and a few slices of beetroot, mix the remainder lightly into the dressing, and turn it into a salad bowl ; place the heart up in the centre, and garnish with the beetroot.

Mustard and cress, endive, radishes, cucumber, spring onions, or tomatoes can be mixed with the above salad.

## Potato Salad

8 or 9 new potatoes.	$\frac{1}{2}$ teaspoonful of chopped mint or parsley.
2 tablespoonfuls of salad oil.	$\frac{1}{2}$ teaspoonful of castor sugar.
1 tablespoonful of white vinegar.	$\frac{1}{4}$ teaspoonful of mixed mustard.
1 teaspoonful of tarragon vinegar.	$\frac{1}{4}$ teaspoonful of salt.
	Pepper.
	Beetroot.

Boil the potatoes without breaking them, slice them and sprinkle the mint over, or, if parsley be used, blanch it first. Mix all the other ingredients, except the beetroot, in a basin, pour the mixture over the potatoes. Arrange the potatoes neatly on a dish, and garnish round with small slices of beetroot.

## Tomato Salad

6 or 8 tomatoes.	Salad dressing.
$\frac{1}{2}$ teaspoonful of chopped parsley.	

Skin the tomatoes and slice them, arrange them upon a dish sprinkled with the parsley. Prepare a dressing as for Potato Salad, and pour over.

## Winter Salad

$\frac{1}{2}$ lb. corn salad.	$\frac{1}{2}$ a beetroot.
Small stick of celery.	Mayonnaise sauce.

Pick and wash the salad, shake the water from it. Wash the celery, cut it into two-inch lengths, and shred it. Cut the beetroot thinly, and stamp it out into small rounds. Add some cream with some well-flavoured mayonnaise, mix it with the salad, and turn it into a bowl, arranging some beetroot and celery on the top.

## Orange Salad for Ducks, etc.

5 or 6 firm oranges.	1 teaspoonful of finely chopped tarragon and chervil.
1 teaspoonful of castor sugar.	Cayenne.
1 dessertspoonful salad oil.	
1 tablespoonful of brandy.	

With a sharp knife cut the peel, including the white pith from the oranges, cut between the inner skin and pulp in the natural division of the orange, then cut the other side

of the pulp against the next piece of skin, thus obtaining the sections of orange without any skin. Take out any pips. Place them in a salad bowl, sprinkle over the tarragon, chervil, cayenne, sugar, the oil, and brandy, lightly mix together. Pile it high in the dish. Set in a cold place or on ice.

### Salade à la Richelieu

2 tablespoonfuls of carrot.		1 cauliflower.
1 tablespoonful each of potatoes, turnips, and French beans.	Cut into small fancy shapes.	4 tablespoonfuls of stiff mayonnaise sauce.
2 tablespoonfuls each of peas and asparagus points.		4 leaves of gelatine.
		Tarragon and chervil.
		$\frac{1}{2}$ pint of aspic jelly.
		2 tomatoes.
		Paprika pepper and salt.
		1 tablespoonful of cream.

Cook all the vegetables separately, without breaking them. Lay a pint Charlotte mould on some broken ice in a basin, pour into the mould some aspic jelly, decorate the bottom with tarragon cut into diamond shapes, chervil, and some firm pieces of skinned tomato, ladle in a little more aspic just made liquid. When this is set, lay the mould on its side and ladle in a little jelly, turning the mould round on the ice to allow it to set. Decorate the side, pour in more jelly. There should be about an inch all over. Sprinkle some paprika pepper, or lobster coral over the jelly. Cut the cauliflower into small tufts and reserve with a few of the peas and a little tomato for decoration. Mix the cream with the mayonnaise, well season, then stir in the melted gelatine, previously soaked in cold water and drained; now lightly mix in all the vegetables and a teaspoonful of chopped tarragon. When beginning to set, fill up the mould to half an inch from the top. Fill this up with jelly. Set on ice till it is quite set. Turn it out on to a dish. Sprinkle a little vinegar, pepper, and salt over the vegetables for the garnish, arrange the cauliflower in groups round the dish, with some peas and pieces of tomatoes between. Sprinkle some paprika pepper over the cauliflower, and place the remainder of the aspic chopped finely, as a border round the edge of the dish. Serve as second course.

## CHAPTER XIII

# BREAKFAST AND LUNCHEON DISHES

### Bacon Rolls

6 slices of streaky bacon.	1 egg.
4 tablespoonfuls of bread crumbs.	1 hard-boiled egg.
1 teaspoonful of chopped parsley.	Pepper and salt.
1/2 teaspoonful of mixed herbs.	Grated rind of 1/2 lemon.
	A few dried crumbs.
	2 tablespoonfuls of milk or gravy.

Chop the egg finely and mix well with the other dry ingredients, with the exception of the bacon and dried crumbs. Beat the egg well and add with the milk to bind. Spread a portion over each slice of bacon, roll up and pass a skewer through to prevent them unrolling while cooking. Place the rolls on a small tin, sprinkle some dried crumbs on the tops, and bake them in a moderate oven for ten or fifteen minutes, according to the thickness. Cut some pieces of bread large enough for a roll of bacon to stand upon, fry them in the fat from the bacon; place upon a hot dish, and stand the bacon on them.

### Bacon Rolls and Mushrooms

5 slices of streaky bacon.	1/2 oz. of butter.
1/2 lb. of mushrooms.	Lemon juice.
1 teaspoonful of chopped parsley.	Pepper and salt.
Pinch of mixed herbs.	Cayenne.
	Croûtons of bread.

Peel and wash the mushrooms and if large, cut into two pieces. Melt the butter in a Yorkshire pudding tin, into which put the mushrooms with a little pepper, cayenne and salt; squeeze a little lemon juice over them. Cut some small slices of bacon, roll, and pass a skewer through

them. Place the rolls on the tin over the mushrooms, put into a moderately heated oven and cook for about ten minutes, turning the rolls of bacon during the time. Cut five pieces of bread about an inch in thickness and three inches square, scoop out a little bread from the centre of each, and fry them. Place the mushrooms in the centre of the croûtons and lay two rolls of bacon on each. Sprinkle the parsley over the tops and serve very hot.

### Shrimp and Bacon Rolls

6 slices of back of bacon.	$\frac{1}{2}$ teaspoonful of anchovy
2 ozs. of rice.	essence.
1 to 2 tablespoonfuls of	Paprika pepper.
picked shrimps.	6 pieces of fried bread.
	1 oz. of butter.

Put the rice with a teaspoonful of salt into boiling water and cook until soft, about twenty minutes. Melt the butter, add the rice, shrimps, paprika, and sufficient anchovy essence to turn the mixture a pale pink colour, and salt to taste, mix all well together, lay it in equal quantities upon the slices of bacon, roll the bacon over the rice, making the ends level, fasten the rolls with small skewers, place on a baking tin in a hot oven until the bacon is cooked, from eight to twelve minutes. Cut some pieces of bread a little larger than the rolls, fry them and lay the bacon rolls upon these; garnish with parsley and sprinkle some paprika pepper over the tops.

### Haddock and Bacon Rolls

Same ingredients as for the	spoonfuls of cooked dried
above, omitting the shrimps	haddock.
and anchovy, adding 2 table-	1 teaspoonful of chopped parsley.

The remains of a haddock left from one breakfast would answer for this dish for the following morning.

Prepare as for Shrimp and Bacon Rolls.

### Poached Eggs on Toast

2 new-laid eggs.	$\frac{1}{2}$ teaspoonful of salt.
2 pieces of buttered toast.	Vinegar.
Boiling water.	

Cut the crust off the toast, or cut into round pieces. Have some boiling water in a shallow enamelled pan, add

the salt and a teaspoonful of vinegar to about one pint of water, or a little lemon juice may be added instead of the vinegar. Break the eggs into a cup, drop them separately into the boiling water and cook gently until the eggs are set, from three to four minutes. Lift the eggs up carefully with a slice, drain from the water, trim the edges with a knife, or use a round cutter, and slip the egg on to the toast. Place on a hot dish and garnish with parsley.

There should be sufficient water to well cover the eggs, and if the latter are fresh, there will be a film of white over the yolk of the egg, if they are not fresh the top part of the yolk will be clear of white.

### Buttered Eggs

2 eggs.	Pepper, salt, cayenne.
$\frac{1}{2}$ oz. of butter.	Toast.
1 tablespoonful of milk.	

Make a slice of toast, cut off the crusts, butter, and cut it into four pieces. Keep it hot. Beat up the eggs, milk, and seasonings. Melt the butter in a saucepan, add the eggs and stir over the fire until it begins to set. Turn it on to the toast.

This may be flavoured in a variety of ways :

1st. Chopped parsley may be sprinkled over.

2nd. A tablespoonful of chopped ham mixed with the eggs.

3rd. Shrimps or a little dried haddock freed from bone and mixed with the eggs.

4th. Tomato pulp substituted for milk.

5th. One tablespoonful of milled walnuts.

### Scrambled Eggs

2 eggs.	1 tablespoonful of milk.
$\frac{1}{2}$ oz. of butter.	$\frac{1}{2}$ teaspoonful of chopped parsley.
Pepper, salt, and cayenne.	Toast.

Melt the butter in a saucepan, break the eggs in a basin, add the seasonings. Pour all into the saucepan and stir with a fork over the fire until it begins to set. Turn it on the hot toast.

## Savoury Omelet

3 fresh eggs.  
1 teaspoonful of cream.  
 $\frac{3}{4}$  oz. of butter.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
Pepper and salt.  
Onion juice or chopped shallot.

Break the eggs into a basin, add the cream, part of the butter broken into pieces, the pepper, salt, and parsley; scrape a little juice of an onion into it. Well whisk the eggs. Make the remainder of the butter very hot in an omelet pan, pour in the mixture, stir it about sharply with a wooden spoon. Directly it begins to set turn it over into a half-moon shape, allow it to colour slightly, then turn it on to a hot dish and serve immediately.

## Kidney Omelet

Use a similar mixture as for savoury omelet. When it begins to set in the pan lay on one half of the omelet two tablespoonfuls of hot, stewed sheep's kidney, and fold the other half of the omelet over, let it colour a little, and then turn on to a hot dish.

Different kinds of cooked fish mixed in a little thick sauce and warmed can be substituted for the kidney.

## Poor Man's Omelet

3 fresh eggs.  
1 thick slice of fat, streaky  
bacon.  
1 slice of bread.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
 $\frac{1}{4}$  oz. of butter.  
Pepper and salt.  
1 tablespoonful of milk.

Beat up the eggs, milk, parsley, pepper and salt in a basin. Cut the bacon and bread into half-inch squares. Fry the bacon in a pan, turning it over with a spoon, then lay it on a plate to keep warm. Fry the bread in the bacon fat until crisp and a golden colour; turn the bacon back into the pan, add the butter, and when quite hot pour in the eggs and cook quickly, like other omelets. Turn on to a hot dish.

If the bread does not absorb all the fat from the bacon the butter need not be used. Cold boiled bacon may be used, if liked, instead of fresh.

## Oyster Omelet No. I

3 fresh eggs.	Pepper and salt.
1 tablespoonful of cream or milk.	Cayenne.
1 oz. of butter.	Lemon juice.
6 or 8 oysters.	1 teaspoonful of flour.

Place the oysters with their liquor in a stewpan, shake them on the stove until they are warm, but not to boil, strain them. Beard and take off the hard pieces from the oysters, cut them if large into two or three pieces. Warm about a quarter of the butter in a pan, stir the flour in it over the fire for one minute, add about one tablespoonful and a half of the oyster liquor and half of the cream, stir until it boils, season with lemon juice, salt, pepper, and cayenne. Add the oysters to this mixture and keep it warm. Mix the eggs, cream, and seasoning as for Savoury Omelet, adding about a dessertspoonful of oyster liquor. Commence frying and when the mixture begins to set, quickly lay the warm oysters on one half and fold the other half of mixture over. Turn it on to a hot dish and serve immediately.

## Oyster Omelet No. II

Take the same quantity of ingredients as in the preceding recipe, without the flour. Warm the oysters, drain, beard, and cut them into pieces. Place them on a plate, sprinkle lemon juice and cayenne over, and keep them warm. Mix and begin to cook the omelet, and when it begins to set, quickly mix the oysters in with it and finish in the usual manner.

## Scotch Eggs

3 eggs.	$\frac{1}{2}$ teaspoonful of chopped parsley.
$\frac{3}{4}$ lb. of beef sausages.	$\frac{1}{4}$ teaspoonful of mixed herbs.
Pepper and salt.	Bread crumbs.
Beaten egg.	Pepper and salt.

Boil the eggs for ten minutes, place in cold water to cool, then shell them. Take the skins off the sausages; mix the seasonings well with the meat, divide it into three

equal portions and flatten with a knife, large enough to cover an egg; cover the eggs evenly with the mixture. Brush them all over with beaten egg and cover with bread crumbs, shake off the loose crumbs, and fry them in hot fat from two to three minutes, according to the thickness of the sausagemeat. Drain, and cut each egg into two or four pieces. Dish them on a serviette or paper, and garnish with parsley. Serve either hot or cold.

### Baked Eggs and Tomatoes

4 large tomatoes.  
4 fresh eggs.  
1 oz. of butter.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.

Pepper, salt, and nutmeg.  
Rounds of fried or toasted bread.

Choose tomatoes of the same size and not too ripe. Dip them into boiling water, and peel them. Cut a round piece out of the top of each one, and scoop out the centres, without making them too thin. Break an egg into each of the tomatoes, sprinkle the parsley, pepper, salt, and nutmeg on the top of each, cut the butter into pieces and place on the eggs. Stand the tomatoes on a tin or dish, put into a hot oven, and bake for five or six minutes, until the eggs are set. Dish each tomato on a piece of toast, and serve.

### Tomatoes and Buttered Eggs

6 medium-sized tomatoes.  
4 fresh eggs.  
2 tablespoonfuls of milk or cream.

$1\frac{1}{2}$  ozs. of butter.  
Pepper, salt, and cayenne.  
Rounds of toast or fried bread.

Prepare the tomatoes the same as for Baked Eggs and Tomatoes. Mix the eggs, seasonings, and milk together in a basin. Put the tomato cases in the oven to warm. Make the butter hot in a stewpan, pour in the egg mixture, and stir it briskly until it begins to set, fill the tomatoes with this mixture, put them back into the oven for two or three minutes, then serve them on rounds of toast. The mixture can be varied by adding a tablespoonful of chopped ham or a little parsley, or a dessertspoonful of anchovy essence in place of a little of the milk and the salt.

## Savoury Eggs and Tomato Sauce

4 hard-boiled eggs.	Pepper and salt.
4 ozs. of fat ham, boiled.	Cayenne.
1½ ozs. of bread crumbs.	Butter.
1 teaspoonful of chopped parsley.	2 tablespoonfuls of milk.
	1 gill of tomato sauce.

Cut the eggs into halves lengthways, scoop out the yolks, chop small and place in a basin with the crumbs, parsley, seasonings, milk, and the ham finely chopped. Mix well together. If the ham be very fat, no butter need be added, while making the sauce. Melt the butter in a pan, add the Worcester sauce, chutney, cream, mustard, and the yolks. Stir over the stove until it thickens, then add the cayenne and salt to taste. Pour the sauce over the eggs and serve very hot. A little lean ham chopped very finely may be sprinkled over the top.

## Eggs à la Française

4 fresh eggs.	½ teaspoonful of chopped parsley.
4 ozs. of ham.	Pepper, salt, and cayenne.
1 to 2 ozs. of butter.	Rounds of fried bread.
	Egg and bread crumbs.

Boil the eggs hard, shell them, and cut into halves lengthways, scoop out the yolks. Pound the ham finely in a mortar, add the yolks, seasonings, and sufficient butter to make it tasty. Divide the mixture into eight equal portions and fill the whites with them, smooth over with a knife. Brush them all over with beaten egg and cover with bread crumbs. Shake any loose crumbs off and fry them in some clean, hot fat for about two or three minutes. Stick a small sprig of parsley in the top of each, and stand them on top of pieces of fried bread cut about the size of the eggs. Dish them upon a serviette or paper, and garnish with parsley. Serve hot.

## Eggs à la Duchesse

4 hard-boiled eggs.	Cayenne.
4 ozs. of cooked veal.	Pepper and salt.
2 ozs. of cooked ham.	Lettuce.
3 or 4 ripe tomatoes.	Beetroot.
1 oz. of butter.	Chervil

Shell and cut the eggs into halves, lengthways, take out the yolks and reserve one for decorating the dish.

Pound the veal and ham, mix in the butter and pass the mixture through a sieve. Pass the tomatoes through a sieve, and mix sufficient of the pulp with the veal without making too soft, season well, and fill the whites with the mixture. Stamp out rings of beetroot and lay one on the top of each egg, fill the centre of the beetroot with a little of the yolk that has been passed through a sieve ; stick a piece of chervil or watercress in each. Wash, dry and cut lettuce into small pieces. Mix two teaspoonfuls of oil with one of vinegar, add pepper and salt, toss the lettuce about in this, place it on a flat dish, stand the eggs in a circle on the lettuce and serve for lunch or supper dish.

### Eggs Stuffed à la Royale

3 hard-boiled eggs.  
4 ozs. of cooked fish.  
1 to 2 ozs. of butter.  
1 tablespoonful of sauce.  
Croûtons of fried bread.  
1 teaspoonful of chopped capers.

Salt and pepper.  
Anchovy.  
Lemon rind grated.  
1 gill of picked shrimps.  
Panurette.

Cut the eggs into halves lengthways and scoop out the yolks. Pound the fish well, add the yolks, capers, sauce, butter, and seasonings (if no sauce be left with the cooked fish, a dessertspoonful of bread crumbs and a little milk, to moisten them, may be used) ; mix all well together and fill the whites of eggs with the mixture, shaping them like a whole egg, sprinkle with some panurette and stick the shrimps in the tops. Cover with buttered paper, place them in the oven on a baking sheet, to thoroughly heat through. Stand them on the croûtons of bread and garnish with parsley, or if preferred, some tomato sauce may be poured round.

### Devilled Beef Bones

Bones from cooked beef.  
1 oz. of butter.  
1 teaspoonful of flour.  
 $\frac{1}{4}$  teaspoonful of mixed mustard.  
1 tablespoonful of chutney.

1 tablespoonful of Worcester sauce.  
1 yolk of egg.  
Cayenne.  
Pepper and salt.

Bones from ribs of beef are very suitable for this dish. Chop the bones into small pieces, four inches in length.

Leave about one inch or more of meat upon them, score the meat in several places. Mix the other ingredients together on a plate and spread this mixture over the bones. Let them remain for half an hour, then grill them to a rich brown colour. Time about six minutes. Serve dry.

Poultry and game bones are treated similarly.

## Sardines and Devilled Sauce

7 to 10 sardines.

Croûtons of fried bread.

Devilled sauce.

Skin and bone the sardines, place them on the croûtons and warm them in the oven. Make a sauce as for Devilled Eggs. Dish up the sardines and pour the sauce over.

## Ham Croûtes

4 ozs. of lean cooked ham.

1½ ozs. of butter.

1 teaspoonful of chopped parsley.

1 dessertspoonful of chutney.

Cayenne.

Pepper.

Fried croûtons.

Pound or chop finely the ham. Cut some bread into strips, three inches by one and a half, fry them crisp and keep warm. Melt the butter, add the ham, chutney, cayenne, and pepper, salt if necessary. Stir over the fire until it is thoroughly hot. Turn it in rough heaps on to the croûtons. Sprinkle blanched parsley over, and serve.

## Fried Kidneys

4 sheep's kidneys.

1 oz. of lean ham.

2 tablespoonfuls of bread crumbs.

½ tablespoonful of chopped parsley.

Fried croûtons of bread.

Beaten egg.

Cut each kidney into halves, skin and cut off the core. Finely mince the ham and mix with the parsley and crumbs. Brush the kidneys over with the egg, and cover them thickly with the ham mixture. Make some butter or bacon fat hot in a pan and fry the kidneys rather quickly on both sides. Time, about two minutes. Have some fried rounds of bread a little larger than the kidneys. Lay the kidneys upon them, and serve with or without a good gravy.

## Grilled Kidneys and Bacon

4 sheep's kidneys.	Butter.
8 thin slices of bacon.	Cayenne.
1 round of toast.	Pepper and salt.

Cut the kidneys open lengthways, the side opposite to the core, without separating them, skin and remove the core. Pour some warmed butter over them and sprinkle with a little flour. Pass a skewer through central portion to keep the kidney open while cooking, two or more may be placed on the one skewer. Take some thin slices of streaky bacon, roll and pass a skewer through them. Cut the corners off a large slice of buttered toast, divide it across into four, lay upon a hot dish. Grill the kidneys quickly (they must not be dried), also grill the bacon. Place the kidneys on the toast, sprinkle some pepper, salt, and cayenne on half an ounce of butter, put some in the centre of each kidney, dish up the bacon in the centre, and serve.

## Stewed Kidneys and Mushrooms

4 sheep's kidneys.	1 shallot.
12 mushrooms.	$\frac{3}{4}$ gill of gravy.
$\frac{1}{2}$ teaspoonful of parsley.	Pepper and salt.
1 teaspoonful of flour.	Lemon juice.
1 oz. of butter.	

Remove the skin and cores from the kidneys, cut them into thin slices. Wash, peel, and slice the mushrooms. Chop the shallot, make the butter hot in a pan, put in the shallot and kidney, fry for two minutes, add the flour and fry for another minute, then add the stock, stir until it just boils, put in the mushrooms and simmer for another five minutes, add lemon juice and seasonings. Turn out on to a dish and garnish round with sippets of toast.

## Kidney à la Portugaise

$\frac{1}{2}$ lb. of ox or veal kidney.	$\frac{1}{2}$ teaspoonful of chopped parsley.
1 oz. of butter.	Salt and a little lemon juice.
1 onion.	$\frac{1}{2}$ pint of gravy.
1 dessertspoonful of flour.	

*For the border.*

4 ozs. of rice.	About $\frac{1}{2}$ pint of gravy.
1 lb. of tomatoes.	Salt.
Bunch of herbs.	

Cut the kidney into small pieces and fry quickly in half

of the butter. Chop the onion and fry, then brown the flour, add the stock and stir until it boils. Put in the onion and kidney, and simmer gently until tender, about one and a half hours, season to taste, add the parsley and lemon juice. Wash the rice, put it into a saucepan with about one gill of gravy and the herbs ; pass the tomatoes through a sieve, and put with the rice, also some salt, and cook gently until the rice is quite soft and dry. More gravy may be added if necessary. Grease a border mould. Take the herbs out of the rice, season, and if not quite red enough add a little cochineal. Press the rice into the mould and stand it in a pan with a little hot water for five or ten minutes, then turn it out on to a dish and put the kidney into the centre.

### Devilled Kidneys

3 or 4 kidneys.  
6 slices of streaky bacon.  
1 oz. of butter.  
1 dessertspoonful of flour.  
1 tablespoonful of Worcester  
sauce.

Fried croûton of bread.  
1 tablespoonful of ketchup.  
Mixed mustard.  
Cayenne.  
Salt and pepper.

Cut a slice one and a half inches deep from a tin loaf, shape it either square or round, make an incision half an inch from the edge all round, and scoop out the centre portion, leaving a thin layer to form the bottom, fry it to a golden colour in hot fat, drain, and keep it warm. Skin the kidneys and cut them into thin pieces, taking away the core from the centre. Make the butter hot in a frying pan, put in the kidneys, then sprinkle with the flour, turn it over with a spoon for about two minutes, add the sauces, a little mustard, salt and pepper to taste, cook for about five minutes. Should it get too dry add a little more sauce or a little gravy. Roll the slices of bacon, place on skewers, and cook in the oven, then dish up round the croûton. Serve very hot.

Half a pound of ox kidney may be substituted for sheep's ; then the kidney must be allowed to simmer for thirty minutes, and about a gill of stock will be needed.

## Swedish Sausages

1 cabbage lettuce.  
 4 ozs. of lean steak.  
 2 ozs. of fat bacon.  
 1½ ozs. of bread crumbs.  
 ½ teaspoonful of salt.  
 ¼ teaspoonful of pepper.  
 Grated nutmeg.

Grated rind of ½ lemon.  
 1 chopped shallot.  
 ½ gill of water.  
 Cayenne.  
 Croûtons of bread.  
 Glaze.

Wash and dry the lettuce, pull off nine or ten of the largest leaves and reserve, mince the remainder. Cut up the beef and bacon, mix with the seasonings, and bread crumbs, add the water, pass the mixture through a mincing machine, then well mix in the cut lettuce, form it into nine or ten square portions and fold up each one in a lettuce leaf; tie into neat shapes with cotton. Place them on a Yorkshire pudding tin with a piece of dripping on the top of each one, and two tablespoonfuls of water in the tin. Bake them in a hot oven for fifteen or twenty minutes, basting them once or twice during the time. When cooked, take off the cotton, brush them over with a little glaze, place each one on a piece of fried bread, and serve hot.

## Savoury Rolls

½ lb. of tender steak.  
 ¼ lb. of cooked fat ham.  
 1 shallot.  
 1 teaspoonful of chopped parsley.

1 teaspoonful of bread crumbs.  
 ¼ teaspoonful of herbs.  
 Cayenne.  
 Salt and pepper.  
 Queen's bread dough.

Pass the beef and ham through a mincing machine, chop and fry the shallot, and mix with the other ingredients except the dough, mix in about one tablespoonful of water. Have the dough made without the sugar, using two ounces of butter to a pound of flour. When the dough has well risen, roll it out thinly, about half an inch in thickness on a board, cut it into three-inch square pieces, lay a spoonful of the meat upon each, wet the edges, join together over the meat, place them on a baking tin, the joined sides underneath, also turn the ends under; cut slightly across the tops, let them stand covered for ten minutes, brush them over with egg and milk mixed, and bake in a rather hot oven at first, for about twenty to thirty minutes, according to size. Serve either hot or cold, for breakfast or luncheon.

## Liver Rolls

5 or 6 slices of calf's liver.	1 chopped shallot.
3 ozs. of cooked fat bacon or ham.	1 teaspoonful of parsley.
4 or 6 mushrooms.	Cayenne.
2 tablespoonfuls of bread crumbs.	Pepper and salt.
	1 egg.
	Croûtons.

Cut up the bacon. Peel and wash the mushrooms, and cut into small squares, mix with the bacon, shallot, bread crumbs, parsley, and seasonings, add the beaten egg to bind, a tablespoonful of water may also be necessary. Place this mixture on the slices of liver, roll the liver over it and fasten each roll by passing a skewer through it. Flour the outside of the rolls, place them on a baking sheet with a piece of fat on the top of each. Cook them in a hot oven for fifteen to twenty minutes, letting the outside get a brown colour. Place each roll on a fried croûton of bread, decorate the dish with parsley.

## Tomatoes à la Savoy

8 medium-sized tomatoes.	Chopped parsley.
4 ozs. of cooked lean ham.	1 oz. of butter.
1 gill of shrimps.	Cayenne.
2 tablespoonfuls of white sauce.	Fried croûtons.

Wash the tomatoes, cut a small round from the tops and scoop out the insides. Pound the ham, mix well with it the sauce, butter, and cayenne, then pass it through a wire sieve. Chop the shrimps, stir them into the ham, adding salt, if necessary, and more sauce. Fill the tomatoes with this mixture, sprinkle the tops with the parsley. Place them on a baking sheet with a piece of butter on the top of each. Bake them in a moderate oven for ten minutes. Stand them on round croûtons of fried bread and dish on a serviette or fancy paper. Garnish with sprigs of parsley.

## Tomatoes with Fish

8 medium-sized tomatoes.	Lemon juice.
8 ozs. of cooked mackerel.	Small shallot.
2 ozs. of spaghetti.	Pepper and salt.
$\frac{1}{2}$ oz. of butter.	Cayenne.
1 teaspoonful of chopped parsley.	Croûtons of bread.

Boil the spaghetti in water with a little salt until soft,

then strain it. Break the fish into flakes, freeing it from skin and bones. Wash the tomatoes, cut out a small round from the top of each, and scoop out the pulp, taking care not to break the sides. Chop the shallot and fry it in the butter, add the sparghetti, cut into inch pieces, the fish, pepper, salt, a dessertspoonful of lemon juice and cayenne to taste. Warm the mixture thoroughly, turning it about with a fork. Heat the tomato cases in the oven, fill them with the mixture, sprinkle the tops with the parsley and place them in the oven to get thoroughly hot. Cut out some rounds of bread and fry them, place the tomatoes on the croûtons, dish them up on a fancy paper.

### Haddock and Tomatoes

6 medium-sized tomatoes.	Cayenne.
$\frac{1}{2}$ medium-sized dried haddock.	Blanched chopped parsley.
2 large eggs.	Salt.
1 oz. of butter.	Croûtons of fried bread.

Choose rather firm tomatoes, drop them one at the time into some boiling water for a few seconds to loosen the skins, peel them. Cut out a round piece from the top of each, and scoop out the seeds and pulp, leaving the tomato cases firm enough to hold the filling. Pass the pulp through a wire sieve. Break up some cold steamed haddock, about four tablespoonfuls, freeing it from bones and skin. Beat the eggs in a basin with two tablespoonfuls of the tomato pulp, half the butter broken into pieces, seasonings and, lastly, the haddock. Heat the remainder of the butter in a stewpan, then pour in the egg mixture, stir it with a wooden spoon over the fire for two or three minutes, until it begins to set, fill up the tomato cases, that have been heated in the oven. Sprinkle the parsley over the tops. Stand the tomatoes on round croûtons of bread fried. Serve very hot.

### Haddock and Curried Rice

$\frac{1}{2}$ medium-sized cooked dried haddock.	1 chopped shallot.
2 ozs. of boiled rice.	Salt.
1 oz. of butter.	Lemon juice.
Large teaspoonful of curry powder.	Croûtons of fried bread.

Break the haddock into large flakes, freeing it from

bones and skin. Boil the rice as for curry. Fry the shallot in the butter, without allowing it to brown, add the curry powder and stir it over the fire for half a minute; then add half teaspoonful of lemon juice, salt, the rice, and fish, stir it about over the fire without mashing it, until it is very hot. Turn it on to a hot dish in a pile. Place some half-moon shaped croûtons round and on top. Garnish with tufts of parsley. Serve for breakfast.

### Grilled Bloaters

Cut off the head and tail; cut down by the backbone, then cut underneath the back bone, lay the knife on the fish, pressing it down while pulling the bone, by this means the long thin bones come out with the backbone, leaving the fish practically boneless. Remove the gut and wipe the fish with a damp cloth inside and out. Grill the fish for about five minutes on the skin side, taking care it does not burn, then turn it over and cook the inside for about the same time, letting it get a nice brown colour. Serve the fish either open or closed, garnished with parsley. If the fish appears dry a little butter may be spread on top, but usually they are oily enough.

### Grilled Kippers or Kippered Mackerel

Trim the tail straight and wipe the fish well on both sides with damp cloth. Grill similarly to bloaters, from six to eight minutes. Kippered mackerel will take from eight to fifteen minutes, according to the size.

If the fish be rather dry, put it into a pan of boiling water for three minutes before grilling.

### Herring Roes on Croûtes

8 herring soft roes.  
8 croûtons.  
Anchovy paste.  
1 oz. of butter.

Cayenne.  
Pepper and salt.  
1 teaspoonful of lemon juice.

Cut long strips of bread about one inch and a half in width, and four inches in length, fry them. Mix a little of the butter with a teaspoonful of anchovy paste, spread this

over the croûtons, and place them to keep warm. Wash the roes and lay them on a cloth to dry. Grease a small tin, lay the roes upon it, sprinkle a little flour on the top of each, then the lemon, and seasonings. Place the butter in little pieces on the top of the roes, and bake them in a very hot oven for about five minutes, or grill them. Place a roe on each croûton and serve very hot.

When in season the roes may be bought by the pound, usually about 1s. 4d. per pound. About eight roes weigh a quarter of a pound. They may also be bought preserved in glass.

### Filleted Herrings à la Sefton

4 fresh herrings.		Cayenne.
3 tablespoonfuls of bread crumbs.		Egg.
1 tablespoonful of grated Parmesan cheese.		Toasted bread.

Wash the fish and fillet them ; take off the skins. Mix the bread crumbs, cayenne, and cheese together. Brush the fillets over with the egg, well beaten, and cover them with the crumbs. Fry them in hot fat for two or three minutes. Cut the toast about the same size as the fillets. Lay the latter on the toast, dish up and garnish with parsley.

### Shrimps à l'Indienne

$\frac{1}{2}$ pint of picked shrimps.	1 shallot.
3 ozs. of boiled rice.	Salt.
2 ozs. of butter.	Lemon juice.
1 dessertspoonful of curry powder.	Croûtons of fried bread.

Squeeze some lemon juice over the shrimps. Make some butter hot in a stewpan, add the shallot chopped, fry for two minutes, add the remainder of butter, the rice, shrimps, curry, and salt, toss lightly over the fire to thoroughly warm without mashing the rice. Pile it up on a dish, have some croûtons cut into half-moon shapes with which to decorate round the rice. Serve very hot. Rusk crumbs or lobster coral sprinkled over improves the appearance.

## Croustads of Curried Shrimps

$\frac{1}{2}$  pint of picked shrimps.  
 1 oz. of butter.  
 1 teaspoonful of flour.  
 Large teaspoonful of curry  
 powder.  
 1 teaspoonful of chutney.  
 1 onion.  
 Salt.  
 Lemon juice.  
 $\frac{1}{2}$  gill of milk.

*For the cases.*

2 ozs. of rice.  
 Small onion.  
 $\frac{1}{2}$  pint of milk.  
 Paprika pepper.  
 Salt.

Place the rice, covered with water, in a stewpan on the fire to boil, then strain the water off, add the milk and onion, let cook slowly until the rice is quite soft and dry, occasionally stirring to prevent it from burning. Add more milk, if necessary. Take out the onion, season the rice with salt and paprika, and turn it out upon a dish, spread evenly, about one and a half inches in depth; when quite cold, cut it into shapes about two inches across, either cut a little out of the centres, or press a space in each, brush them over with beaten egg and place in the oven to get hot. Chop the onion finely and fry to a pale colour in the butter, add the curry powder, stir, then the flour and chutney, mix in the milk, and stir over fire until it boils; add a teaspoonful of lemon juice, and if too thick more milk. Wash the shrimps, add to the sauce, let them remain on the corner of stove to get hot, for about ten minutes. Fill the cases with the shrimps piled high in the centre, and sprinkle some paprika pepper over the tops. This amount makes seven or eight croustads.

## Shrimp Cannelons

1 gill of picked shrimps.  
 1 oz. of butter.  
 1 teaspoonful of curry powder.  
 1 tablespoonful of Parmesan  
 cheese.

Paprika pepper.  
 Lemon juice.  
 Anchovy essence.  
 $\frac{1}{2}$  quantity of pancake mixture  
 (No. II., p. 342).

Pound the shrimps with half of the butter, heat the remainder of butter in a stewpan, add the curry powder, and stir over the fire for half a minute, then add the pounded shrimps, lemon juice and anchovy essence; if necessary,

add a little more butter, or fish liquor, or milk to make the mixture of such a consistency that can be spread.

Mix the grated cheese, and pepper and salt in the batter, and fry some very thin, small pancakes, spread the shrimp mixture over them, roll up, cut the ends straight, they should not be more than three inches in length, sprinkle a little cheese over the tops, and sufficient paprika pepper to show the colour. Dish up on a lace paper or serviette.

### Kedgeriee

Remains of cooked fish (about $\frac{1}{2}$ lb.).	$\frac{1}{2}$ teaspoonful of chopped parsley.
$\frac{1}{4}$ lb. of rice.	1 to 2 ozs. of butter.
1 or 2 hard-boiled eggs.	Salt and pepper.
	Grated nutmeg.

Free the fish from skin and bones. Boil the rice as for curry. If two eggs are used, the white of one can be chopped. Melt the butter in a saucepan, add the rice, fish, chopped egg, and the seasonings to taste. Stir it over the fire with a fork until it is heated through, then turn it out and pile high upon a dish. Force the yolk of egg through a wire sieve over the top of it. Garnish round with the other egg, cut into eight sections, and place a sprig of parsley between each one. If any fish sauce has been left, this can be used instead of some of the butter.

### Potted Bloaters

3 bloaters.	1 teaspoonful of anchovy
$1\frac{1}{2}$ ozs. of butter.	essence.
10 peppercorns.	Cayenne.
4 allspice.	Salt.
Small blade of mace.	

Trim and wipe the bloaters, fillet them, take off the skin and cut the fish into pieces. Crush the spices. Make half an ounce of butter hot in a stewpan, add the fish and spices, and stir over the fire for five or six minutes, then turn into a mortar, and, when a little cool, pound it well, add butter, anchovy, and cayenne to taste. Press it well into jars and cover with clarified butter.

## Potted Meat No. I

1½ lbs. of lean buttock steak.	4 allspice.
4 or 5 ozs. of butter.	4 cloves.
3 anchovies.	Cayenne.
18 peppercorns.	Salt.
Blade of mace.	

Cut the meat into small squares. Crush the spices. Make two ounces of the butter hot in a casserole dish, put in the meat, spices and fry for five minutes, turning it over with a spoon, then place the cover on and put it in the oven to cook slowly for three hours, let it cool, then pass it through a mincing-machine two or three times, pick out any pieces of gristle, and pound it thoroughly in a mortar with the anchovies skinned and filleted. Add sufficient butter as to moisten, and cayenne and salt to make it tasty. Press it into small jars and pour clarified butter over.

## Potted Meat No. II

¾ lb. of cooked meat.	4 allspice.
2 ozs. of butter.	2 cloves.
12 peppercorns.	Cayenne.
Small blade of mace.	Salt.

Cut the meat into small pieces, and take away gristle and skin. Pass it twice through a mincing-machine. Crush the spices in a mortar, add the meat and pound well, then put in sufficient butter, cayenne, and salt to taste. Press it down tightly in two small jars or a pie-dish. Pour clarified butter over the top.

## Rissotto à la Milanese

8 ozs. of Patna rice.	Pepper and salt.
2 ozs. of grated Parmesan cheese.	Grated nutmeg.
2 ozs. of butter.	Cayenne.
Spanish onion.	Large pinch of saffron or mari-gold flowers.
White stock.	Fried croûtons.

Well wash and dry the rice. Peel and chop the onion. Heat part of the butter in a stewpan and fry the onion in it, keeping it of a golden colour, add the rice and stir over the fire for two or three minutes, put in the saffron, salt, nutmeg, and sufficient stock to just cover, let it boil, then

simmer gently, stirring occasionally with a fork, adding more stock as required, until the rice is quite soft and dry.

Season to taste with salt, pepper, and cayenne. Just before serving add the cheese and the remainder of butter; when thoroughly hot, turn it on to a dish, sprinkle a little cheese over the top and garnish round with fried croûtons of bread.

In place of the saffron the yellow part of some marigold flower may be used.

### Gnocchi au Gratin

1 pint of milk.	1 egg.
$4\frac{1}{2}$ ozs. of semolina.	Cayenne.
$1\frac{1}{2}$ ozs. of butter.	Pepper and salt.
$1\frac{1}{2}$ ozs. of grated Gruyère cheese.	Bread crumbs.

Mix the semolina with a little of the milk, scald the remainder and pour on to the semolina, stirring the while, turn the mixture into the stewpan and stir over the fire until it boils and thickens, add half the butter and the egg well beaten, stir the mixture quickly over the fire for half a minute longer, then season with salt and peppers, add half of the grated cheese, turn it out on to a dish or tin, spread to three parts of an inch in thickness. When quite cold, cut it into square pieces and arrange them in a greased fireproof china dish, sprinkling the remainder of the cheese and a little more seasonings in between, with pieces of the butter. Sprinkle some bread crumbs over the top, and on these place in pieces the remainder of the butter. Bake in rather a hot oven until of a rich brown colour, from fifteen to twenty minutes. Serve very hot.

If preferred, a gill of white sauce may be poured over the gnocchi before adding the crumbs, and baking.

### Cheese Pudding

2 ozs. of Parmesan or Gruyère cheese.	1 egg.
1 oz. of bread crumbs.	$\frac{1}{2}$ pint of milk.
1 oz. of butter.	Paprika pepper.
	Salt.

Place the bread crumbs and butter in a basin, scald the milk and pour over them, and allow to cool, then add the

cheese grated, and seasonings to taste. Stir in the yolk of the egg, beat up the white stiffly and mix in lightly. Pour the mixture into a shallow buttered pie-dish, bake until it sets and colours slightly on the top. Sprinkle a little cheese and paprika pepper over the top and serve hot.

## Macaroni Cheese

2 ozs. of macaroni.	1 $\frac{1}{2}$ gills of milk.
1 oz. of butter.	$\frac{1}{2}$ tablespoonful of dried crumbs.
1 oz. of flour.	Mixed mustard.
1 oz. grated Parmesan or Gruyère cheese.	Pepper, salt, and cayenne.

Break the macaroni into small pieces, put into a saucepan with boiling water and a teaspoonful of salt, boil until quite soft (about half an hour), then drain. Melt the butter in a saucepan, add the flour and stir over the fire for two minutes without colouring ; take it off the fire, add the milk, stirring smoothly, then stir over the fire until it boils. Stir in a little mixed mustard, cayenne, salt, and pepper to taste. Put in the grated cheese, leaving a little to sprinkle over the top. Then mix in the macaroni. Grease a shallow, fireproof dish, turn the macaroni into it, sprinkle the cheese over the top, then the crumbs, put some small pieces of butter on top and bake in a very hot oven to a rich brown colour. Time, about fifteen minutes.

## Picnic Rolls

1 lb. of Vienna bread dough.	chicken or other meat, salad,
Savoury mixture of fish,	and mayonnaise sauce.

Make the dough into shapes in the form of a large egg, leave the surface quite smooth, or they may be made round, when well risen, brush them over with the mixture as for Vienna bread, bake them. Cut a piece out of the tops, scoop out all the crumb. Cut the chicken or fish into small pieces, also cut some salad, as lettuce, cucumber, endive, beetroot, and small cress. Mix all lightly together, and add some well-flavoured mayonnaise sauce. Fill the rolls with this mixture, lay the tops on. Serve for luncheon, supper, or picnics. If only half the crumb is scooped out

of the rolls, potted meat or fish put in, and the lids replaced, they are excellent served for high teas.

## Porridge

2	tablespoonfuls	of	coarse		1	pint of boiling water.
	oatmeal.				$\frac{1}{2}$	teaspoonful of salt.

Put the water and salt in a saucepan, and when boiling, sprinkle in the oatmeal with one hand, and stir it quickly with a wooden spoon with the other hand, to render it smooth. Let the oatmeal simmer very slowly, for at least one hour, stirring occasionally. Should it become too thick, more boiling water may be added.

Turn it into a vegetable dish or soup plates. Serve with hot or cold milk, sugar or salt.

If the porridge be cooked in a double saucepan, there is no danger of it burning, it will require one and a half to two hours to cook.

If the porridge be required for breakfast, rather than have it insufficiently cooked, it can be boiled overnight, then warmed in the morning ; but it will not taste so well.

The oatmeal can also be soaked in cold water overnight. In the morning stir it in a saucepan over the fire until it boils, and allow it to simmer gently for half an hour ; but the first method is the best.

In hot weather, oatmeal is often found to be too heating for the blood, then hominy or semolina can be substituted for oatmeal. These will cook in twenty minutes.

## CHAPTER XIV

### SAVOURIES

#### Stuffed Olives

7 Spanish olives.  
2 ozs. of ham.  
2 ozs. of butter.

2 anchovies.  
Cayenne.  
Croûtons of bread.

Stone the olives by cutting round the stone with the point of a small sharp knife. Fillet and pound the anchovies in a mortar along with the ham and a little butter ; season to taste and pass through a wire sieve. Fill the centre of the olives with this mixture, using a small paper forcing bag. Cut some round croûtons of bread about two or three inches in diameter. Spread any mixture remaining upon these, stand the olives in the centre. The butter may be coloured pink by mixing in a few drops of cochineal, then force it through a rose pipe round the edge of the croûtons, and put one rose on the top of each olive. Place some mustard and cress on a dish, and on this arrange the olives ; or dish up on a serviette or fancy paper. The croûtons may be garnished in a variety of ways other than with the pink butter.

#### Olives stuffed with Anchovies

7 Spanish olives.  
5 or 6 anchovies.  
1 oz. of butter.  
Anchovy essence.

Cayenne.  
7 croûtons of bread.  
Egg.

Stone the olives, bone and skin the anchovies, pound them in a mortar with the butter. Add a little anchovy essence and cayenne and pass through a sieve. Fill the olives with some of the mixture, using a small paper bag

for this purpose, squeeze some through a rose pipe on the top of each olive. Fry the croûtons, spread the remainder of the mixture over them. Boil the egg hard, separate the white from the yolk, and chop. Stand an olive in the centre of each croûton, make a ring of yolk, then one with the white, then an edging of either lobster coral, panurette, or some of the mixture through a rose pipe. Dish them on a bed of mustard and cress, previously slightly sprinkled with oil, vinegar, pepper, and salt; or on a fancy paper.

### Anchovy Croûtons

7 or 8 fried croûtons of bread.	Hard-boiled egg.
A dessertspoonful of anchovy paste.	2 or 3 gherkins.
7 or 8 anchovies.	A little lobster coral.

The croûtons may be cut either round or square. Spread the paste over them. Chop the white of egg, coral, and the gherkins, pass the yolk through a sieve. Arrange these in four heaps of different colours upon the croûtons, and lay two fillets of anchovies across the tops. Serve upon a bed of salad or a fancy paper.

### Cheese Pastry for Biscuits or Tartlets

5 ozs. of flour.	1 yolk of egg.
2½ ozs. of butter.	Cayenne, salt, and pepper.
1 oz. of grated Parmesan cheese.	Cold water.

Rub the butter well into the flour, mix in the cheese and seasonings, add the yolk and sufficient water to bind together, working it as little as possible, roll out thinly and cut into biscuit shapes, and bake to a pale colour.

### Anchovy Tartlets

2½ ozs. of flour.	1 yolk of egg.
1 oz. of butter.	2 tablespoonfuls of whipped cream.
Dessertspoonful of anchovy essence.	1 tablespoonful of grated cheese.
Cayenne, salt, and pepper.	4 or 5 anchovies.
Cochineal.	

Rub the butter into the flour, make a bay in the centre, put in a little cayenne, the yolk, anchovy essence, and five

or six drops of cochineal, mix together, and, if necessary, add a little water to bind. Roll out and line some small tartlet tins with it. Bake them in a moderately hot oven, and cook without destroying the pink colour. When cold, mix the cheese with the cream, add seasonings, put a little in each tartlet, and coil a fillet of anchovy and place on the top. Dish upon a fancy paper or serviette.

### Tartlets à l'Espagnole

3 tablespoonfuls of cream.	8 or 9 fillets of anchovies.
1½ tablespoonfuls of Gruyère cheese.	Anchovy paste.
Cayenne.	Butter.
Salt.	Lobster coral.
8 or 9 olives.	Pastry as for Anchovy Tartlets (p. 302).

Prepare and bake some pastry similarly to Anchovy Tartlets, using small boat-shaped tartlet tins. When cold, whip the cream stiffly, and mix in the grated cheese, cayenne and salt to taste; pile in rough heaps in each tartlet. Stone an olive, one for each tartlet. Take a teaspoonful of anchovy paste and mix with the same amount of butter. Fill the olives with this mixture, stand one in centre of the cream, and twist a neatly cut fillet of anchovy round each olive. Sprinkle some lobster coral or panurette on the top of the cream. Dish up either on some cress or on a serviette garnished with parsley or chervil.

### Anchovy Eggs

4 eggs.	Pepper and salt.
6 anchovies.	Small cress.
1½ ozs. of butter.	Lobster coral.
Cayenne.	

Boil the eggs hard, cool, and shell them. Cut them into halves lengthways and scoop out the yolks. Skin and bone the anchovies, pound them in a mortar, add the yolks, butter, and seasonings to taste. Divide the mixture into eight portions, roll into balls, lay them in the whites and smooth the surface with a small knife. Sprinkle coral over the tops and stick a sprig of chervil or parsley in the centres. Wash and dry the cress. Mix a teaspoonful of vinegar with twice the amount of oil, a little salt and pepper,

toss the cress lightly in this and lay it on a dish. Stand the eggs upon it, and serve.

### Victoria Eggs

4 fresh eggs.	Cayenne, pepper, and salt.
6 to 8 sardines.	Salad.
$\frac{1}{2}$ oz. of butter.	2 or 3 tomatoes.
$\frac{1}{2}$ teaspoonful of chopped parsley.	

Boil the eggs hard, shell and cut them into halves lengthways, scoop out the yolks. Skin and bone the sardines, pound them in a mortar with the yolks, butter, parsley, and seasonings. Divide the mixture into eight portions, roll into balls, and place one in the centre of each white, stick a little watercress or chervil in the tops. Have some salad cut finely and seasoned with oil, vinegar, pepper, and salt, and lay upon a dish. Skin the tomatoes and cut eight slices; stand these upon the salad and place the eggs on top.

### Eggs à l'Indienne

4 hard-boiled eggs.	Salt.
$\frac{1}{2}$ of a dried cooked haddock.	Crumbs.
$\frac{1}{2}$ teaspoonful of curry paste.	Fried croûtons.
$1\frac{1}{2}$ ozs. of butter.	

Pound and pass the haddock through a sieve. Cut the eggs into halves, take out the yolks, mix with the fish, add the butter melted, the curry, and salt if necessary. Fill the whites of eggs with this mixture, sprinkle some crumbs over, and lay bits of butter on the tops. Bake in a very hot oven from five to seven minutes to brown the tops. Dish them on the croûtons and serve very hot.

### Eggs à la Bonne Femme

4 hard-boiled eggs.	French mustard.
$1\frac{1}{2}$ ozs. of chicken.	Cayenne.
1 oz. of ham or tongue.	Salt and pepper.
3 tablespoonfuls of oil.	Beetroot.
1 tablespoonful of tarragon, chilli, and plain vinegar.	Mustard and cress.

Pound the chicken and ham, pass through a wire sieve. Cut the eggs into halves, take out the yolks, place one and

a half yolks in a basin with the mustard, cayenne, pepper, salt, and half of the vinegars, stir the oil in by degrees, then mix in the chicken and ham, and more vinegar and seasonings to taste. Fill the halves of eggs with the mixture. Pass the remaining yolks through a sieve over the tops of the eggs. Lay a star or ring of beetroot on top of each, with a sprig of chervil or parsley in the centre. Sprinkle a little vinegar, oil, pepper, and salt on some mustard and cress or cut lettuce, lay upon a dish and serve the eggs on top.

### Eggs à la Saxe

4 fresh eggs.  
 $\frac{1}{2}$  a cooked dried haddock.  
 4 small gherkins.  
 Paprika pepper.  
 Mustard and cress.  
 Salad oil.

Tarragon, chilli, and plain vinegars.  
 Beetroot.  
 Chervil.  
 French mustard.  
 Salt and pepper.

Boil the eggs for ten minutes, cool and shell them, cut into halves lengthways, scoop out the yolks. Place the yolks from three of the eggs in a basin, add a little mustard, pepper, and salt, a dessertspoonful of the mixed vinegars, and stir with a wooden spoon, add some oil by degrees, as for mayonnaise, stirring well, sufficient to fill the whites of the eggs when the fish is added. Skin, bone, and well pound the haddock, add to the mixture with the gherkins chopped, season the mixture well with the paprika and other seasonings. Sprinkle the whites of eggs with oil, vinegar, pepper, and salt, fill them with the mixture. Pass the yolk through a coarse sieve over each, lay a ring of beetroot on the tops and stick a sprig of chervil in the centre of each. Dish up on a layer of mustard and cress seasoned.

### Eggs à la Lyonnaise

4 fresh eggs.  
 7 or 8 sardines.  
 2 or 3 gherkins.  
 Paprika pepper.  
 2 tablespoonfuls of salad oil.

1 tablespoonful of tarragon, chilli, and plain vinegars.  
 Salt and pepper.  
 Salad.

Boil the eggs hard, cool, shell, and cut them lengthways, scoop out the yolks. Place the yolks in a basin,

add some of the vinegar and press them smoothly with a wooden spoon, add oil and vinegar as for a mayonnaise, keeping the mixture thick. Bone, skin, and break up the sardines, mix with the sauce, add the gherkins chopped, and season to taste. Fill the whites of the eggs with this mixture, sprinkle some paprika pepper or lobster coral on the tops. Wash some lettuce, and break up small, or small cress, dry in a cloth, mix a little oil, pepper, salt, and vinegar, sprinkle over ; lay the salad on a dish, place the eggs on the top and stick a little chervil or watercress in the centre of each egg.

### Eggs à la Norfolk

4 hard-boiled eggs.  
 $\frac{1}{2}$  a cooked dried haddock.  
 3 or 4 tablespoonfuls of oil.  
 1 oz. of grated Parmesan  
 cheese.

1 tablespoonful of tarragon, chilli,  
 and plain vinegars mixed.  
 Watercress.  
 Cayenne.  
 Salt and pepper.  
 Small cress.

Cut the eggs into halves lengthways, and scoop out the yolks. Place two of the yolks in a basin, add seasonings and part of the vinegar, stir well with a wooden spoon. Add the oil and remainder of vinegar as for mayonnaise sauce. Free the haddock from bones and skin, and chop it finely. Wash the watercress and chop about two tablespoonfuls. Mix the fish, cress, and cheese into the sauce, add more seasonings if necessary. Fill the whites of eggs with this mixture. Sprinkle over the tops of each some lobster coral, coralline pepper, or panurette. Stick a small sprig of watercress in centre of each egg. Wash and dry some mustard and cress, sprinkle with a little oil, vinegar, pepper and salt, lay it on a dish, stand the eggs upon it, and serve.

### Savoury Tomatoes

4 medium-sized tomatoes.  
 $1\frac{1}{2}$  ozs. of cooked ham.  
 1 oz. of butter.  
 2 eggs.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
 Cayenne.  
 Pepper and salt.  
 Croûtons.

Skin the tomatoes and cut into halves ; scoop out the centres, taking care not to break the cases ; put these to

warm. Finely chop the ham, and beat the eggs. Warm the butter in a stewpan, add the ham, eggs, and seasonings, stir until it thickens, and with it fill the tomatoes. Sprinkle some parsley on the tops. Stand them on some fried round croûtons of bread, and serve.

### Tomatoes à l'Italienne

5 or 6 small tomatoes.  
2 ozs. of sparghetti.  
1 oz. of Parmesan cheese.  
1 oz. of butter.

6 or 7 anchovies.  
Cayenne.  
Pepper and salt.  
Fried croûtons.

Skin the tomatoes, cut them into halves, scoop out the seeds. Boil the sparghetti in water with a teaspoonful of salt until soft, drain and cut it into small pieces. Cut some fillets from the anchovies, reserving one for each tomato, chop the remainder. Fry some rounds of bread, sprinkle some cheese and cayenne on them, place one of the halves of tomato on each and put in the oven to get hot. Make the butter hot in a saucepan, add the sparghetti, chopped anchovy, cheese, cayenne, pepper, and salt, shake the pan over the fire until the contents are very hot. Fill the tomato cases with this mixture, place a fillet of anchovy twisted, on each of the tops. Return them to the oven for a few minutes, place them on a dish with serviette or paper under them.

### Tomatoes à la Florentine

4 medium tomatoes.  
 $\frac{1}{2}$  gill of thick cream.  
1 tablespoonful of Parmesan  
cheese.  
Mustard and cress.

8 fillets of anchovy.  
Cayenne.  
Pepper and salt.  
Lemon juice.

Dip the tomatoes, one at a time, into boiling water and skin them. Cut them into halves and scoop out the pulp, sprinkle a little lemon juice, pepper, and salt over them. Whip the cream, mix in the grated cheese, peppers, and salt to taste, fill the tomatoes with this mixture. Sprinkle a little red pepper over the top and twist a fillet of anchovy on the top of each. Season a little washed and dried mustard and cress, with oil, lemon juice, pepper, and salt, lay it on a dish and place the tomatoes on it.

## Tomatoes à la Parma

8 medium-sized tomatoes.  
2 ozs. of sparghetti.  
 $\frac{1}{2}$  pint of picked shrimps.  
Small lettuce.  
Cucumber.

2 tablespoonfuls of mayonnaise  
sauce.  
Beetroot.  
Small cress.

Skin the tomatoes, cut a round out of the tops and scoop out all the pulp. Cut the lettuce and cucumber into small squares. Boil the sparghetti with a teaspoonful of salt in water until quite soft, then drain, cut into inch lengths and let it get quite cold. Well flavour some mayonnaise sauce, mix lightly into it the shrimps, sparghetti, cucumber, and lettuce, fill the tomato cases with this mixture, sprinkle over the tops some chopped chervil; cut out some rings of beetroot with a crinkled cutter and lay one on top of each tomato, with a sprig of chervil stuck in the centre. Sprinkle mustard and cress with a little oil, vinegar, pepper, and salt, lay it upon a dish and stand the tomatoes upon it.

## Tomatoes à la Richelieu

4 or 5 large tomatoes.  
1 small lobster.  
1 large tablespoonful of picked shrimps.  
1 large tablespoonful of mayonnaise sauce.

Lettuce.  
Mustard and cress.  
1 hard-boiled egg.  
4 or 5 anchovies.  
Anchovy essence.  
2 gherkins.

Drop the tomatoes into boiling water for a few seconds, then skin them. Cut each into two, and scoop out the pulp. Wash and dry the salad, shred finely about four tablespoonfuls of lettuce. Shell and cut the lobster into small pieces, chop the shrimps. Put some thick mayonnaise sauce in a basin, season well adding a little anchovy essence, mix in the lobster, shrimps, and lettuce, fill the tomatoes with the mixture. Cut the egg into thin slices, take out the yolk and pass it through a sieve over the top of the tomatoes. Lay a ring of white of egg on the top of each, twist a fillet of anchovy and place in the centre of the egg. Sprinkle the tops with paprika pepper. Mix a teaspoonful of oil, tarragon, and plain vinegar mixed,

and a little pepper and salt in a basin, put in the mustard and cress, mix, and lay it on the dish, stand the tomatoes on it and serve.

### Croûtes à la Florence

12 small sardines.  
3 or 4 tomatoes.  
Dessertspoonful of capers.  
Dessertspoonful of Parmesan  
cheese.  
7 croûtons of bread.  
Mustard and cress.

Worcester sauce.  
Tarragon, chilli, and plain vine  
gar.  
Salad oil.  
Pepper and salt.  
Cayenne.

Fry the croûtons of bread. Dip the tomatoes into boiling water for a few seconds and skin them, cut into half-inch slices, pour some vinegar, oil, pepper, and salt over them. Skin and bone the sardines, pound them in a mortar, adding the chopped capers, oil, vinegars, cayenne, pepper, and salt to the taste. Put this mixture into a paper bag. Lay a slice of tomato on each croûton, squeeze the sardine puree on the tomato in a cone shape, sprinkle the grated cheese over the tops. Cut narrow strips from the outside of the remaining slices of tomato, and lay two pieces across the top of puree, stick a piece of chervil or parsley in the centre of each. Well wash and dry the mustard and cress, season with oil, vinegar, pepper, and salt, and lay on a dish, stand the croûtons upon it.

### Sardine Canapes

7 fried croûtons of bread.  
10 or 12 sardines.  
2 tablespoonfuls of mayonnaise  
sauce.

Tarragon and chervil.  
Watercress or mustard and cress.  
Beetroot.

Cut the croûtons about three inches in diameter, and fry them till of a light colour. Skin and bone the sardines, and lay them on the croûtons. Spread a layer of mayonnaise sauce all over the sardines, and decorate the tops with tarragon, chervil, and finely sliced beetroot stamped into fancy shapes. Mix some cress with a teaspoonful each of oil and vinegar, and a little pepper and salt; lay upon a dish, and stand the croûtons on the top. Garnish round with beetroot.

## Deville'd Sardines

7 sardines.  
7 croûtons.  
1 oz. of butter.  
1 teaspoonful of flour.  
 $\frac{1}{2}$  teaspoonful of mixed mustard.

$1\frac{1}{2}$  tablespoonfuls of Worcester sauce.  
1 yolk of egg.  
Cayenne.  
Salt.

Cut some strips of bread a little larger than the sardines ; fry them. Skin the sardines and take out the bones ; lay them upon the croûtons. Work the butter with a knife on a plate, and mix in gradually all the other ingredients. Spread this mixture over the sardines, and bake in rather a hot oven to brown the tops—time, seven to ten minutes. Trim the sides, and dish up on fancy paper. Serve immediately.

## Deville'd Cod's Roe

1 fresh roe.  
Deville'd paste.

Croûtons of fried bread.

Boil the roe for five minutes in water with some salt. When cold cut it into slices slantways an inch in thickness. Make some mixture as for Devilled Sardines, spread it over the pieces of roe and let them stand for about half an hour. Grill or bake them until the tops become a rich brown colour. Time, about eight or ten minutes. Dish them up on the croûtons and serve.

## Gondolines

8 or 9 cheese pastry cases.  
 $\frac{1}{2}$  gill of thick cream.  
 $\frac{1}{2}$  gill of white sauce.

1 tablespoonful of grated Parmesan cheese.  
Cayenne, pepper, and salt.  
8 or 9 prawns.

Line some small boat-shaped tartlet tins with cheese short paste, and bake them till of a pale colour, previously filling them with some baked rice to keep them in shape while cooking. Whip the cream and mix with the cold white sauce, add the cheese and seasonings ; fill the pastry cases with this mixture. Take the heads off the prawns, and stick one in each end of the cases, shell the remainder of the prawns, and lay one along each case on

top of the white mixture. If a little lobster coral is available it should be finely chopped, and before filling the cases brush the edges with some white of egg and dip into the coral—this improves the appearance greatly, or they can be dipped into some finely chopped blanched parsley. They can be dished up on a bed of mustard and cress or a fancy paper.

### Crouûtes à la Sefton

Fried bread.	3 tablespoonfuls of cream.
$\frac{1}{2}$ pint of shrimps.	1 tablespoonful of chopped gherkins.
1 tablespoonful of grated Parmesan cheese.	Cayenne, salt, and pepper.

Cut about seven rounds of bread two inches in diameter, fry in some hot fat, drain, and cool them. Whip the cream, and mix with the cheese and seasonings, spread a little over each round of fried bread. Place a row of picked shrimps round the edge of each one, and put a small pile of the gherkin in the centre. Put the remainder of the cream in a piping bag, using a rose pipe. Squeeze a row of the cream between the shrimps and the gherkins. Place them on a lace paper, and garnish with small cress or watercress.

### Shrimp Pasties

6 ozs. of cooked potato.	1 tablespoonful of flour.
1 $\frac{1}{2}$ ozs. of butter.	Paprika pepper.
1 tablespoonful of bread crumbs.	Salt.
	1 gill of picked shrimps.

Mix the potatoes with half of the butter melted, the flour, bread crumbs, and salt and pepper to taste. Roll the paste out rather thinly. Cut it out into rounds with a cutter about six inches in diameter. Mix the shrimps with the remainder of the butter and some paprika pepper. Lay this mixture on the rounds of paste, mix a little beaten egg and milk together, and with it wet the edges, fold half the paste over the shrimps, press together, and brush the tops with the egg, place them on a tin with a piece of butter on the top of each, and bake for about fifteen minutes, to a golden colour.

Chopped ham, well seasoned, could be used in the above instead of the shrimps.

### Haddock à l'Indienne

A dried haddock.	Coralline pepper.
1 teaspoonful of curry powder.	Salt.
1 oz. of butter.	Parsley.
4 medium-sized potatoes.	

Lay the haddock in boiling water for two minutes, then break the fish into flakes and free it from skin and bones. Make the butter hot in a pan, add the fish and curry powder and stir all on the fire for three or four minutes. Cut the potatoes into halves, peel them, and scoop out the insides, forming cases, the potato being about one inch thick. Fry these in some hot clean fat until cooked, then drain; sprinkle chopped parsley over; and season with salt. Fill the centres with the prepared haddock, sprinkle coralline pepper over the top, and stick a piece of parsley in the centre of each. Serve very hot.

### Haddock Croûtons

$\frac{1}{2}$ a dried haddock.	Anchovy essence.
2 or 3 large tomatoes.	Cayenne.
2 or 3 tablespoonfuls of cream	Fried croûtons.
1 oz. of Parmesan cheese.	$\frac{1}{2}$ oz. of butter.

Lay the haddock in a pan, cover with boiling water and cook for five minutes, then drain from the water. Free the fish from skin and bone and pound it well. Make the butter hot in a pan, add the haddock, cheese, cayenne, and a little anchovy essence. Stir the mixture over the fire and add as much cream as will make it tasty without being too soft. Skin the tomatoes and cut them into slices, half an inch thick, place them on a tin in the oven for a few minutes with a little butter, pepper, and salt, then stand each slice of tomato on a round croûton of fried bread, these must be cut a little larger than the tomatoes. Place small piles of the haddock on top, letting a little tomato be seen all round. Sprinkle a little cheese on the tops and some red pepper. Serve very hot on a serviette or paper.

## Bloater and Tomatoes

1 large bloater.  
3 tomatoes.  
7 croûtons.

Cayenne.  
Parsley.  
 $\frac{1}{2}$  oz. of butter.

Drop the tomatoes into boiling water for two or three seconds and take off the skins, cut them into one inch slices and remove centres ; lay these rings one on each fried round croûton of bread. Pass the pulp and the ends of the tomatoes through a sieve. Fillet and skin the bloater and pass it through a sieve. Melt the butter in a stewpan, add the fish puree, cayenne, and sufficient tomato pulp to moisten it, stir it over the fire to cook the fish, about five minutes, make it rather hot with cayenne. Pile this mixture in the centre of the tomato rings on croûtons, which have been heated in the oven. Sprinkle some chopped parsley over the tops. Serve on a lace paper or serviette very hot.

## Croûtes of Herring Roes

6 soft herring roes.  
1 oz. of butter.  
Dessertspoonful of chopped capers.

Paprika pepper.  
Salt and pepper.  
Fried croûtons.

Wash and dry the roes, pound them with the butter, add the seasonings, and pass through a coarse sieve. Lightly fry some finger-shaped pieces of bread. Mix the capers and a little of their vinegar with the mixture, spread it thickly on the croûtons, and bake in a hot oven for six or seven minutes until they are of a rich brown colour on top. Sprinkle a little paprika pepper over the tops, and dish them up on a lace paper, garnish with parsley.

## Cucumber stuffed on Croûtes

1 thick cucumber.  
2 ozs. of lean ham.  
1 oz. of butter.  
1 oz. of grated Parmesan cheese.

Paprika pepper.  
Salt and pepper.  
Lemon juice.  
Fried croûtons.

Cut about eight pieces from the thickest part of the cucumber, about one and a half inches in length, peel, then boil them in salted water until soft, drain them.

Pound the ham well in a mortar, add the butter, half the cheese, and seasonings, pass the mixture through a wire sieve. Stamp out some rounds of bread a little larger than the pieces of cucumber, fry these to a golden colour in hot fat. Stamp out the centre seedy part from the pieces of cucumber. Squeeze a little lemon juice over and fill the centres with the ham mixture, using a forcing bag for the purpose. Spread the remainder of the ham on the croûtons, stand a piece of cucumber in the centre of each, sprinkle cheese and paprika pepper over the tops and place them in a hot oven for about eight or ten minutes. Serve very hot dished up on a lace paper.

### Croûtes à la Piquante

8 croûtons of fried bread.	2 hard-boiled eggs.
Anchovy paste.	Paprika pepper.
5 or 6 gherkins or chopped capers.	Mayonnaise sauce.
	Lobster coral.

Spread the paste over the croûtons, chop the gherkins and place them round each crouton forming a ring. Cut the eggs into quarters lengthways. Spread over each some mayonnaise sauce, and sprinkle lobster coral or paprika pepper over the top. Stand a piece of egg on each croûton. Serve on mustard and cress on which some pepper, salt, and vinegar has been sprinkled.

If no mayonnaise sauce is available, sprinkle some tarragon and chilli vinegars over the pieces of egg, place some paprika pepper on the white part of the egg and serve.

### Croûtes à la Saxe

4 hard-boiled eggs.	Chervil or parsley.
1 to 2 tablespoonfuls of tomato sauce (p. 475).	Anchovy paste.
8 fried croûtons.	$\frac{1}{2}$ oz. of butter.
5 or 6 chopped gherkins or some capers.	Cayenne.

Cut rounds of bread, fry them, spread some paste over each, lay the gherkins round the edges. Cut the eggs into halves, take out the yolks, pound them in a mortar with the butter, cayenne, and as much tomato sauce without making it too soft. If not red enough use a little

cochineal. Fill the whites of the eggs with this mixture, sprinkle some chopped chervil round the white edge, and stick a piece of chervil in the centre of each. Lay an egg on a croûton and serve them on a lace paper, or on a bed of salad.

## Parmesan Tartlets

A small quantity of light	2 eggs.
pastry.	1 tablespoonful of grated Par-
$\frac{3}{4}$ oz. of butter.	mesan cheese.
$\frac{1}{2}$ oz. of flour.	Mixed mustard, cayenne.
1 gill of milk.	Pepper and salt.

Line seven or eight tartlet tins with some thin pastry, prick the bottoms with a fork. Melt the butter and cook the flour in it for two minutes without allowing it to colour ; take it off the stove and stir the milk in smoothly, stir over the fire until it boils, then let it cool. Add the seasonings and cheese, and when quite cold the yolks of the eggs ; whip the whites very stiffly and stir lightly into the mixture. Fill the tartlet tins with this mixture and bake in a moderately hot oven until they rise and colour lightly, from twelve to fifteen minutes ; then sprinkle some cheese over the top, dish up on a serviette, and serve immediately, because they sink as they cool.

## Cheese Soufflé

1 oz. of butter.	1 gill of milk.
$\frac{1}{2}$ oz. of flour.	3 eggs.
1 $\frac{1}{2}$ ozs. of grated Parmesan	Salt and pepper.
cheese.	Cayenne.

Melt the butter in a saucepan, add the flour and stir for two minutes, without allowing it to colour, mix in the milk and stir over the fire until it boils. Then let it cool, add the seasonings and the cheese, reserving a little to sprinkle over the top. Put in the yolks, well stirring the mixture between each ; lastly, add the whites of eggs beaten stiffly, and stir lightly ; put into a greased soufflé dish and bake for about a quarter of an hour, letting it get a rich colour on the top.

This soufflé mixture can be put into small china or paper soufflé cases and baked in a quick oven for about eight or

ten minutes. Soufflés must be served as soon as they are taken from the oven ; otherwise they soon sink.

### Favourites au Parmesan

$\frac{1}{2}$ pint of milk.	3 yolks of eggs.
$\frac{1}{2}$ oz. of butter.	Salt, cayenne, and pepper.
$2\frac{1}{2}$ ozs. of flour.	Egg and bread crumbs.
1 oz. of grated Parmesan cheese.	Frying fat.

Boil the milk, butter, and salt ; sift the flour, put in and stir briskly over the fire for two minutes ; then take it off the stove, add the yolks and beat well ; then put in the cheese and seasonings to taste. Spread it on a dish or tin rather thinly, let it get quite cold, then cut it out into rounds with a cutter, brush these well over with beaten egg and cover with bread crumbs. Shake any loose crumbs off and fry to a golden colour in some clean hot fat. Dish them up in a circle on a serviette, sprinkle some cheese over and serve hot.

### Cheese Straws

3 ozs. of puff pastry.	$\frac{1}{2}$ mustardspoonful of mixed
$1\frac{1}{2}$ ozs. of grated Parmesan cheese.	mustard.
Cayenne.	Salt.

Roll the pastry out to a long strip, spread on the mustard, sprinkle over a third of the cheese, the cayenne, and the salt ; fold the pastry into three, turn it round, roll out again, sprinkle another portion of cheese over and fold, turn it round, roll out and use the remainder of cheese and fold it over. Roll the pastry out thinly, cut it into narrow strips four or five inches in length. Bake them to a golden colour. Serve hot or cold.

### Welsh Rarebit

1 round of toast.	$\frac{1}{2}$ mustardspoonful of mixed
1 oz. of butter.	mustard.
3 ozs. of Cheddar cheese.	Cayenne.

Cut the bread rather thick, toast and butter it, and cut across into four. Shred the cheese, make the butter hot in a saucepan, add cheese, mustard, and cayenne, stir it

over the fire until the cheese melts, then pour it over the pieces of toast, brown them quickly by putting them under a gas-griller or using a salamander or hot shovel. Serve quickly.

### Cheese Croûtes

Thin slices of stale bread.	Egg.
1 tablespoonful of grated Parmesan cheese.	Milk.
Anchovy paste.	Paprika pepper.
	Butter.

Spread the bread with the paste and sandwich together, cut into neat shapes, mix beaten egg with the same quantity of milk, in this soak the pieces of bread on both sides, dip them into the cheese and fry quickly in a little hot butter to a golden colour on both sides. Drain, and sprinkle a little cheese and paprika over them. Serve very hot.

### Beignets au Fromage

2 ozs. of grated Parmesan cheese.	Cayenne.
Whites of 2 large eggs.	Salt and pepper.
	Frying fat.

Beat the whites of eggs to a stiff froth, lightly mix in the cheese and seasonings. Drop teaspoonfuls of this mixture into some hot frying fat. Cook for about one minute, turning them about, then drain. Dish them up on a serviette or paper, sprinkle some cheese and red pepper over, and serve at once.

### Salted Almonds

8 ozs. of Jordan almonds.	Dessertspoonful of salt.
1 tablespoonful of olive oil or $\frac{3}{4}$ oz. of clarified butter.	

Drop the almonds into boiling water, directly the water boils again, strain, rub them in a cloth to take off the skins. Place them on a baking tin in a slack oven to dry. Then heat the oil in the frying pan, turn in the almonds with a teaspoonful of salt, and stir them about over a moderate fire until they are all of a golden colour. Drain, and turn them on to some kitchen paper, sprinkle well with salt, toss them about in the paper. Dish up on a lace paper serviette.

## CHAPTER XV

### PUDDINGS AND SWEETS

MANY puddings will be found to be much lighter if made with bread crumbs in place of some of the flour. Usually a little flour is added to prevent them from breaking.

The best beef suet is from under the loin where the kidneys are imbedded, called kidney suet, usually sold at 8*d.* per pound, the price rising to 1*s.* per pound, two or three weeks before Christmas. Other suet can be purchased at stores, in packets, price varying from 8*d.* to 10*d.* per pound. This can be kept for a long time, and is useful to keep in store in case of emergency.

Suet for puddings must be separated from the skin and chopped finely with suet chopper or large knife, raising it frequently from the board with the knife, to prevent it from sticking. If it clogs some of the flour for the pudding may be mixed with it while chopping. As a rule, half as much suet as flour is used for a pudding, but if less suet be taken, a little baking powder must be used.

Ten ounces of suet to one pound of flour will make the pudding more nourishing.

Puddings are lighter when steamed than when boiled, but a longer time must then be allowed for cooking ; from one-third to twice the time.

When steaming a pudding the basin need not be quite full, but it must be covered with a greased paper to keep the water out. Very light puddings, such as custards, should be placed in a steamer. Puddings made with suet may stand in a saucepan with water to come about a third the depth of the basin, taking care the water does not boil over into the pudding.

When boiling puddings, the basin must be quite full, or the water will get in.

A greased paper laid on, then a cloth tied over the top with string, and the four corners of the cloth tied across. Place the pudding in a saucepan with boiling water to well cover, and keep the water boiling the whole time. If more water be added it must be boiling.

Most of the suet puddings mixed a little softer, are excellent baked in a pie-dish. If made without eggs, when these are scarce and expensive, use a little extra baking powder.

For milky pudding, tapioca and sago should be well soaked before cooking; rice is also improved by first soaking.

If eggs are used, the grain must be well cooked and allowed to cool before adding the eggs.

These should be quite fresh, then cooked just to set the eggs and colour the top.

The dish filled with the pudding should be placed in a Yorkshire pudding tin containing water. This will tend to prevent the pudding from burning.

If skim milk be used, some butter or suet may be added to make up for the loss of the fat in the milk.

In warm weather a pinch of bi-carbonate of soda may be added to the milk to prevent it curdling. A large tablespoonful of tapioca, rice or sago, should be allowed to half a pint of milk. All farinaceous puddings should be well cooked, as they are then easier to digest.

If some of the pudding be burnt on the rim of the pie-dish, this can be removed easily by dipping a damp cloth in a little salt, and rubbing the edge before serving the pudding.

Cornflour for blancmanges must be well cooked, from eight to ten minutes. One and three-quarter ounces of cornflour to one pint of milk will make a blancmange the consistency of a jelly and yet not break if well cooked.

Moulds for blancmanges and jellies should be well rinsed with cold water before using.

Batters must be well beaten and allowed to stand for half an hour or longer before cooking, because the starch in the flour swells, and the batter will therefore be lighter.

Soufflés should be very light and spongy.

Eggs form a large part of soufflés, more whites than yolks are used and the former are beaten to a stiff froth.

Beat whites in a cold place, add a pinch of salt (this cools them), start beating slowly at first, then finish rapidly. If over beaten, the mass will look as though curdled; to remedy this, add a few drops of lemon juice and beat for half a minute. They must be used at once.

From one to three whites can be beaten conveniently on a dinner plate with a palette knife, or any flat beater. For over this number use an egg bowl or basin and a whisk.

A greased paper band must be fastened round the mould or dish for either steamed or baked soufflés. A greased paper is placed over the top for steaming, to keep out the water.

Soufflés must be cooked in a steamer above, not in the water.

The water should be only just at the boil for soufflés. If the water boils fast the soufflé rises too quickly, and then sinks rapidly when cold air is admitted.

Soufflés when taken out of the steamer should stand for half a minute before they are turned out, otherwise they may break.

If baked, the dish can be placed in another containing hot salt. The soufflé then will not fall so quickly.

All soufflés should be served quickly.

*Omelets* are composed mainly of eggs. They can be savoury or sweet. Practice is required to make omelets successfully.

A cut garlic or shallot rubbed over the pan before cooking is often sufficient to flavour omelets.

While cooking the omelet, shake the pan with one hand while turning the mixture quickly over with a wooden spoon held in the other, and when beginning to set, fold it over to one side of the pan, then turn it on to a hot dish.

If over cooked the omelet will be tough.

A pan should be kept specially for omelets and pancakes. It must not be washed, then the omelet will not stick.

After using, wipe the pan with soft white paper, then

rub the inside with a dry cloth and put away. If anything sticks to the pan, rub it off with salt, using paper.

## Jellies and Creams

The pan for making jellies should be bright inside, otherwise the jelly will not be bright.

A good gelatine should be used. It varies much in quality. French sheet gelatine is good, and can be obtained from 3s. per pound. Other gelatines can be bought in one-ounce packets, at  $4\frac{1}{2}d.$  per ounce.

Gelatine should always be soaked in water before using.

One ounce of good gelatine to one quart of liquid is the usual proportion, but in hot weather, or where the jelly has to support a cream, half an ounce more can be used.

Wash the shells before breaking the eggs. The shells and whites to be beaten in a little water.

Lemons are used in all sweet jellies. The rinds should be thinly peeled, any white pith left on would impart a bitter flavour.

Well whisk the jelly until it just boils, it will rise as it begins to boil. The frothy white will entangle any impurities in its meshes. Let the jelly stand covered over where it will keep hot for fifteen minutes, but do not let it boil. Then gently strain it through a jelly bag. It generally requires to be passed two or three times through the bag. If there be no jelly bag use a tea cloth that has been washed well without soap or soda.

Boiling water should be passed through the bag before straining, to prevent the jelly from cooling, otherwise it will often set in the bag.

Cover the top of the bag with a clean cloth to keep in the steam.

Strain the jelly in a warm place. If there be no jelly stand, place two chairs back to back, tie two loops of the bag to each chair, the bag hanging between them. Something heavy must be placed on each chair, to prevent them from tipping while pouring the jelly into the bag.

Tinned moulds are preferable to china as they unmould easier.

To turn out jellies: have some hot water in a basin, plunge the mould in and out of the water quickly, remove the moisture from the top with a cloth and turn out.

Creams are not often made with all cream, but mostly a custard with more or less cream added, and sometimes a purée of fruit, custard and cream.

Less gelatine is required if more cream be used.

The gelatine should be soaked in cold water, and if melted separately, water should be used, not milk, as the latter curdles.

The mixture should be stirred occasionally until it thickens before moulding, otherwise the gelatine is apt to settle at the bottom of the mould in a greyish layer.

Moulds for creams are rinsed in cold water and the cream turned out similar to jellies.

### Plain Suet Pudding

$\frac{1}{2}$  lb. of flour.

$\frac{1}{4}$  lb. of beef suet.

2 ozs. of brown sugar.

$\frac{1}{2}$  teaspoonful of baking-pow-  
der.

$\frac{1}{2}$  teaspoonful of salt.

Grated nutmeg or any other  
flavour.

Water or milk to mix.

Skin, shred, and finely chop the suet, mix in all the dry ingredients. Pour in sufficient water or milk to bind it together. Dip a cloth into boiling water, wring, and flour the portion that is to be against the pudding. If for a round pudding, lay the cloth in a basin or colander, put the mixture in, gather the cloth all round it and tie with string in a bow. Put it into a saucepan of boiling water and boil for one and a half hours at least.

If a long shape be required: roll the pudding mixture with the hands in the form of a rolling-pin, but much thicker. Lay it on the edge of the floured cloth, and roll tightly in the cloth. Tie both ends with string. Boil one and a half hours.

Serve either plain, or with butter and sugar, or treacle, jam, or any sweet sauce.

### Spotted Dick

The above ingredients with either 6 ozs. of currants or sultanas added before the water or milk.

## Plain Plum Pudding

Ingredients similar to the preceding, substituting stoned raisins for currants or sultanas.

## Suet Pudding Steamed

8 ozs. of flour.	1 egg.
4 ozs. of beef suet.	Pinch of salt.
2 ozs. of Demerara sugar.	Grated nutmeg or 1 teaspoonful
1 teaspoonful of baking-powder.	of ground ginger.
	1½ gills of milk.

Chop finely the suet, and well mix with the other dry ingredients, beat the egg and add with the milk; stir well together, then turn it into a well-greased basin, cover the top over with greased paper, and steam it for two hours. Serve with butter and sugar, golden syrup, or jam sauce.

## Roly Jam Pudding

8 ozs. of flour.	Water.
4 ozs. of suet.	Stiff jam.
Pinch of salt.	

Free the suet from skin, chop finely, then well mix with the flour and salt, in a basin, pour in sufficient cold water to bind into a stiff dough. Turn it on to a floured board and roll out to a square piece. Spread some jam all over within half an inch of the edges; wet the edges with water and roll up the paste, pressing the edges well to prevent the jam coming out. Dip a pudding cloth into hot water, wring it, and sprinkle flour over half of it. Lay the pudding upon the floured portion and roll up tightly in the cloth, tie the two ends of it with string. Place in a saucepan of boiling water, and keep it boiling for one and a half hours; the water must not be allowed to go off the boil.

If less than half quantities of suet to the flour be used a little baking-powder is necessary.

## Mincemeat Roly Pudding

Suet crust.	6 tablespoonfuls of mincemeat.
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Make a suet crust, as for Roly Jam Pudding. Spread the mincemeat over the paste, about one inch in thickness instead of the jam. Finish the same as for Roly Jam.

## Apple and Currant Roly Pudding

$\frac{3}{4}$  lb. of flour.  
6 ozs. of chopped suet.  
1 teaspoonful of baking-pow-  
der.  
Pinch of salt.

Water to mix.  
 $1\frac{1}{2}$  lbs. of apples.  
6 ozs. of currants.  
4 ozs. of brown sugar.  
Grated rind of lemon.

Make a stiff suet paste, the same as for Roly Jam Pudding. Roll out to a square piece. Quarter, core, and peel the apples, slice thinly and spread them over the paste, sprinkle over the currants (washed and dried), also the sugar and lemon. Wet the edges of the paste and roll it up. Tie it in a cloth and boil for two hours.

## Lemon Roly Pudding

$\frac{3}{4}$  lb. of flour.  
6 ozs. of chopped suet.  
8 ozs. of brown sugar.

Cold water.  
Salt.  
2 lemons.

Thinly peel the lemons, put the rind into a saucepan and cover with water, boil it for five minutes, strain, and chop it finely, mix with the sugar and the juice of one lemon. Well mix the flour, suet, and salt, then add sufficient water to make a stiff paste. Roll it out to form a square, and spread the lemon mixture over, wet the edges of the paste and roll it up. Tie it tightly in a pudding-cloth, put into boiling water and boil for one and a half hours.

## Fig Roly Pudding

$\frac{3}{4}$  lb. of flour.  
7 ozs. of chopped suet.  
Salt.  
Water.

$\frac{1}{2}$  lb. of figs.  
 $\frac{1}{2}$  lb. of apples.  
Grated rind of lemon.  
1 tablespoonful of brown sugar.

Mix flour, suet, and a large pinch of salt together in a basin, add enough water to mix to a stiff paste. Chop finely the figs, peel and chop the apples, mix them with the figs, lemon, and sugar. Roll the pastry out to a square piece, spread the fig mixture over, wet the edges and roll the pudding over, and tie in a cloth similarly to Roly Jam Pudding. Boil for two hours.

## Marmalade Pudding

6 ozs. of bread crumbs.	1 or 2 eggs.
1 oz. of flour.	1 teaspoonful of baking-powder.
4 ozs. of suet.	A pinch of salt.
2 ozs. of brown sugar.	Milk to mix.
3 tablespoonfuls of marmalade.	

Mix the crumbs, flour, salt, sugar, and finely chopped suet in a basin, beat the eggs, and add with the marmalade and sufficient milk to mix (it should be just soft enough to drop from the spoon when held up). The baking-powder should be mixed in lastly. Put the mixture into a greased mould or basin, cover over with some greased paper, and steam for two hours. When cooked, turn it out on to a hot dish, warm two or three tablespoonfuls of marmalade with the same amount of water, and pour over the pudding.

Stale pieces of bread can be used for this pudding. They should be put into a slack oven and thoroughly dried, then crushed with a rolling-pin.

When using stale bread, the pudding should stand for about ten minutes before mixing in the baking-powder, to allow the bread to swell in case more milk is required.

## Lemon Pudding

The ingredients are similar to those for marmalade pudding, omitting the marmalade and adding the grated rind of one, and the juice of one and a half lemons, also double the quantity of sugar. Serve with a lemon sauce, or a sweet melted butter sauce.

## Fig Pudding

6 ozs. of bread crumbs.	1 large apple.
2 ozs. of flour.	2 eggs.
2 ozs. of brown sugar.	Grated rind of $\frac{1}{2}$ lemon.
6 ozs. of figs.	1 teaspoonful of baking-powder.
4 ozs. of suet.	Milk to mix.

Chop the suet and apple, cut the figs into dice, and mix with the dry ingredients, with the exception of the baking-powder, in a basin, add the beaten eggs and sufficient milk so that it will just drop from the spoon when held up; mix

in the baking-powder. Put into a greased mould, cover with greased paper, and steam for two hours. Pour the following sauce over :—

*Sauce for Fig Pudding.*

2 ozs. of figs.	1½ gills of water.
2 ozs. of brown sugar.	1 teaspoonful of lemon juice.
1 teaspoonful of cornflour.	

Boil the water and sugar together, cut the figs into dice and put into the boiling syrup, let it stand at the corner of the stove for about ten minutes. Mix the cornflour with a little water ; then strain the juice from the figs over it, stir over the fire until it boils, put in the figs and lemon juice. Pour over the puddings.

## Date Pudding

Use similar ingredients as for Fig Pudding, adding three-quarters of a pound of dates instead of figs.

## Exeter Pudding

6 ozs. of bread crumbs.	Large teaspoonful of baking-powder.
1 oz. of flour.	Grated rind of ½ lemon.
4 ozs. of suet.	2 eggs.
8 ozs. of apples.	Milk to mix.
4 ozs. of currants.	
4 ozs. of brown sugar.	

Mix the dry ingredients together ; beat the eggs and add with the milk. This pudding should be mixed rather stiffly. Put into a greased mould, cover with greased paper, and steam for two hours. Pour a sweet melted butter sauce over the pudding.

## Baked College Pudding

6 ozs. of bread crumbs.	4 ozs. of stoned raisins.
1 oz. of flour.	Grated nutmeg.
4 ozs. of suet.	2 eggs.
4 ozs. of brown sugar.	1 teaspoonful of baking-powder.

Stone and chop the raisins ; mix the dry ingredients together ; beat the eggs and add with the milk to mix rather stiffly. Well grease six small cups ; put the mixture

into these and bake for about half an hour. Turn them out, and sprinkle sugar over the tops.

## Wholemeal Pudding

6 ozs. of wholemeal flour or brown bread crumbs.	3 ozs. of brown sugar.
2 ozs. of white flour.	Grated rind of 1 lemon.
4 ozs. of suet.	1 teaspoonful of baking-powder.
6 ozs. of stoned raisins.	2 eggs.
	Milk.

Chop the raisins a little, chop the suet finely, then mix all the dry ingredients together in a basin, add the eggs well beaten, and sufficient milk so that the mixture will just drop from the spoon. Put into a well-greased basin or mould, cover with greased paper, and steam for two hours. Serve either with a sweet melted butter sauce, or a custard sauce poured over.

## Bread Pudding

$\frac{3}{4}$ lb. of pieces of bread.	$\frac{1}{4}$ lb. of brown sugar.
$\frac{1}{4}$ lb. of chopped suet or dripping.	2 ozs. of mixed peel.
$\frac{1}{4}$ lb. of stoned raisins.	Nutmeg or mixed spice.
$\frac{1}{4}$ lb. of currants.	1 or 2 eggs.
	Milk.

Put the bread into a basin, pour boiling water over, cover with a plate, and let it stand to soak ; then turn it into a colander and squeeze as much water out of it as possible. Put it into a basin and break it small with a fork ; add the suet, raisins, the peel cut, and the currants cleaned, the sugar and flavouring ; mix well together, add the eggs well beaten, and a little milk, but do not make it very soft. Put it into a well-greased pie-dish or a deep Yorkshire-pudding tin. Bake it for about half an hour to a rich brown colour. If baked in the pie-dish it looks better turned out and sugar sprinkled over ; if baked in the tin it can be cut into squares and dished, one piece overlapping the other.

If one ounce of flour be added to this pudding, it can be steamed for two hours and served with a sweet melted butter sauce.

## Hunt Pudding

4 ozs. of flour.  
4 ozs. of bread crumbs.  
4 ozs. of chopped suet.  
2 ozs. of Demerara sugar.  
1 oz. of chopped almonds.  
2 eggs.

4 tablespoonfuls of apple pulp.  
Rind and juice of  $\frac{1}{2}$  lemon.  
Level teaspoonful of bi-carbo-  
nate of soda.  
1 gill of milk.

Peel, core, and cook with a tablespoonful of water about four medium-sized apples until quite soft and rather dry, or use apple jam. Dissolve the soda in a little milk. Mix all the dry ingredients in a basin, add the flavouring, eggs beaten, apple, and soda, stir thoroughly, using sufficient milk so that the mixture just drops from the spoon. Turn it into a greased basin, cover with greased paper and steam for three hours. Turn out and serve either with an apricot or custard sauce round.

## Hunter Pudding

7 ozs. of bread crumbs.  
4 ozs. of suet.  
1 oz. of flour.  
3 ozs. of currants.  
2 ozs. of brown sugar.

2 ozs. of stoned raisins.  
Grated lemon rind.  
1 teaspoonful of baking-powder.  
1 or 2 eggs.  
Milk.

Chop the suet, wash the currants ; and well mix together all the dry ingredients, except the baking powder. Add the eggs well beaten, and sufficient milk to mix. If the crumbs are stale, the pudding must stand to soak for five minutes, then add more milk if necessary, and the baking powder, stir well, then turn it into a well-greased basin, cover with greased paper and steam for two and a half hours. Turn it on to a hot dish and pour over it a sweet melted butter sauce.

## Treacle Pudding No. I

8 ozs. of flour.  
4 ozs. of suet.  
 $\frac{1}{2}$  teaspoonful of baking-pow-  
der.

Salt.  
4 or 5 tablespoonfuls of treacle.  
Water.

Chop finely the suet, mix it with the flour, baking-powder and salt, pour in sufficient water to mix to rather a stiff paste. Cut into two portions, one of which roll out large

enough to line a greased pudding basin, about one and a half pint size. Cut the remaining portion of paste into four pieces, each piece being a little larger than the last. Put a large tablespoonful of treacle into the lined basin, roll the smallest piece of paste large enough to cover the treacle, place in more treacle, then the next sized piece of paste; continue this until the basin is full, using the last piece of paste as a cover, wet the edges and press the cover to the lining. Tie a cloth over as for Apple Pudding, place it into a saucepan of boiling water and keep boiling for two, or it may be steamed for three hours.

Golden syrup may be used instead of treacle.

### Treacle Pudding No. II

8 ozs. of flour.

4½ ozs. of suet.

Salt.

Water.

3 gills of bread crumbs.

5 or 6 tablespoonfuls of golden syrup.

Rind and juice of 1 lemon.

Make the crust as for the preceding pudding, cut off about one-fifth and reserve for the cover. Roll out the remaining piece and line a greased one-quart sized pudding basin. Put a thick layer of treacle in the basin, a layer of moderately stale bread crumbs, a little grated lemon rind, continue putting layers of treacle and bread crumbs until the basin is full, on the top pour over the lemon juice, and cover in the usual manner with the remaining piece of paste. Tie a pudding cloth over and boil for two, or steam for three hours.

When the pudding is turned out it should not sink, otherwise sufficient bread crumbs were not used; it should eat somewhat like lemon cheese mixtures.

### Treacle Sponge Pudding

8 ozs. of flour.

4 ozs. of chopped suet.

1 gill of treacle.

1 gill of milk.

2 teaspoonfuls of ground ginger.

Small teaspoonful of bi-carbonate of soda.

1 egg.

Salt.

Mix together all the dry ingredients except the soda in a basin. Dissolve the soda in the milk. Make a hole in the centre of the flour, pour in the treacle, milk and beaten

egg, well mix and turn it into a greased basin, cover with greased paper. Steam for three hours. Serve with custard or sweet melted butter sauce poured over.

### German Pudding

Take a similar mixture as for Treacle Sponge, substituting half a teaspoonful of mixed spice for the ginger, and adding four ounces of sultanas and one ounce of mixed peel. Steam for three hours and serve with sweet melted butter sauce poured over.

### Apple Pudding

8 ozs. of flour.  
4 ozs. of beef suet.  
 $\frac{1}{2}$  teaspoonful of baking-pow-  
der.  
Salt.

Water.  
2 lbs. of apples.  
2 tablespoonfuls of sugar.  
 $\frac{1}{2}$  a lemon or 6 cloves.

Peel, core and slice the apples; use a pudding basin that will just contain the slices of apple, grease it. Chop finely the suet and mix it with the flour, baking-powder and a large pinch of salt, add sufficient cold water to mix it to a stiff paste, cut off about one-fifth for the top of the pudding, roll the remainder into a round piece, large enough to cover the inside of the basin standing about one inch above the rim. Put in the apple, the juice, and the rind of lemon grated, the cloves or other flavouring preferred. Add some water to the apples. Roll out the remaining piece of paste to the size of the top, wet the edges of the paste, and lay the cover on, well pressing the edges together. Dip the middle of the pudding cloth into boiling water, flour the centre, and lay the floured portion over the pudding, tie it round with string, draw the four corners of the cloth tightly and tie across the top. Place the pudding into a saucepan of boiling water and keep it boiling for two hours. There should be sufficient water to well cover the pudding; as the water boils away, more boiling water must be added.

Half an ounce of butter added to the apples is a great improvement.

Any kind of fruit as rhubarb, plums, and gooseberries, or a mixture of fruits as raspberries and currants, blackberries and apple may be used for this pudding.

### Battenberg Pudding

4 ozs. of bread crumbs.	Small teaspoonful of bi-carbonate
4 ozs. of flour.	of soda.
4 ozs. of chopped suet.	Salt.
3 ozs. of sultanas.	Milk to mix.
2 tablespoonfuls of raspberry jam.	

Dissolve the soda in a tablespoonful of milk, mix all the dry ingredients, add the jam, and the soda mixed in a little milk, add sufficient milk to bind all together, turn it into a greased mould, cover with greased paper and steam it for two and a half hours. Serve a sweet melted butter sauce, or custard, or wine sauce round the pudding.

### Prune Pudding

7 ozs. of bread crumbs.	2 ozs. of Demerara sugar.
1 oz. of flour.	$\frac{1}{2}$ lb. of prunes.
4 ozs. of suet.	1 teaspoonful of baking-powder.
1 oz. of almonds.	1 or 2 eggs.
	Milk.

Chop finely the suet, skin and chop the almonds ; stone and cut the prunes into three or four pieces. Mix all the dry ingredients in a basin, add the eggs well beaten, and sufficient milk to mix, about half a teacupful, unless the bread crumbs are rather dry, when more milk would be required, lastly add the powder. Turn it into a well-greased quart-sized basin, cover the top with greased paper and steam for two and a half hours. Serve with a custard or sweet melted butter sauce.

The prunes are improved if soaked in a little water overnight.

### Baked Apple Dumplings

$\frac{1}{2}$ lb. of flour.	Water.
$\frac{1}{4}$ lb. of lard or dripping.	7 medium-sized apples.
1 oz. castor sugar.	1 oz. of butter.
$\frac{1}{2}$ teaspoonful of baking powder.	2 ozs. of brown sugar.
Salt.	Lemon or cloves.

Make a stiff short paste with the flour, fat, sugar, powder, salt, and water. Take the cores out of the apples with a small cutter or paring knife, peel them. Press the butter, sugar, lemon rind grated and juice together

on a plate with a knife, cloves may be used instead of lemon; fill the apples with this mixture. Roll out the pastry rather thinly and cut across into squares; lay the apples upon these, wet the edges with a little water and join the four corners over the tops of the apples, cut off the spare pieces, and press the edges well together; turn the dumplings over, brush with a little water and sprinkle with sugar. The trimmings will make another dumpling. The pastry can be cut into rounds, two rounds to enclose each apple; but there will be more pieces to roll, and the pastry is better if only once rolled. The dumplings will take from twenty to thirty minutes to bake, according to the size of the apples. Stick a skewer through the side of the dumpling to see if the apple is soft.

### Boiled Apple Dumplings

$\frac{1}{2}$  lb. of flour.  
 $\frac{1}{2}$  lb. of kidney beef suet.  
 Salt.  
 Water.

6 medium-sized apples.  
 1 oz. of butter.  
 2 ozs. of brown sugar.  
 Cloves or lemon.

Chop the suet finely, mix well with the flour and salt, add water to mix rather stiffly. Roll it out and cut into twelve rounds, two rounds to be large enough to cover each apple; to use up the trimmings of the paste lay them on the rounds and press with a rolling pin. Peel the apples, scoop out the cores with a small knife. Press the butter and sugar together, add the flavouring; fill the centre of the apples with the mixture, lay upon the pieces of paste; wet the edges, lay the other pieces over and well join them together. Scald a pudding cloth, flour it and tie the dumplings separately in it. Put them into a saucepan of boiling water and boil for one hour.

### Yorkshire Pudding

8 ozs. of flour.  
 1 pint of milk.  
 3 ozs. of fat.

1 or 2 eggs.  
 $\frac{1}{4}$  teaspoonful of salt.

Place the flour in a basin, make a hole in the centre of the flour, add the eggs and salt; pour sufficient milk in by degrees to well moisten all the flour, stirring with a wooden spoon, beat well until the mixture is quite smooth, then

mix in the remainder of the milk and let it stand for about half an hour (this allows the starch grains to swell, and the batter will be lighter). If meat is being roasted the pudding will be of a better flavour if cooked under it. Place the pudding tin in the dripping tin under the meat, and when quite hot and plenty of dripping from the meat has run into it, stir the batter and pour into the tin, and let it cook under the meat for thirty to forty minutes, then take it from under the meat, wipe the outside of the pudding tin well and place it in the oven where it will nicely brown. Cut the pudding into squares and dish up neatly on a flat or vegetable dish.

If no meat be cooking, make the dripping hot in the tin, pour in the batter and bake for about forty minutes in a moderately hot oven. When eggs are scarce one may be used.

### Nottingham Pudding

1 lb. of apples (5 or 6).

$\frac{1}{4}$  lb. of flour.

1 egg.

$\frac{1}{2}$  pint of milk.

Salt.

1 oz. of butter.

2 ozs. of sugar.

Rind and juice of  $\frac{1}{2}$  lemon.

Mix flour, salt, egg and milk well together as for batter, let it stand for half an hour. Core and peel the apples, mix the butter and sugar together, add the rind of lemon grated and the juice; fill the centre of the apples with this mixture. Well grease a pie-dish that will hold a little more than one pint, lay the apples in the dish, well stir the batter and pour over the apples. Bake in a moderately hot oven for about half an hour, or until the apples are cooked, taking care the pudding does not brown too quickly. Serve at once.

### Bread and Butter Fritters

8 slices of bread and butter.

Raspberry jam.

2 ozs. of flour.

1 egg.

1 gill of milk.

Castor sugar.

Fat for frying.

Well mix the flour, egg, and milk in a basin, and let it stand for half an hour. Spread some jam over four slices of bread, lay the other slices over and cut into pieces. Have some clean fat very hot in a saucepan on the fire; dip two or three pieces of the bread into the batter, and fry

them, taking care they do not touch each other at first. Fry for about two minutes till they are of a golden colour, then drain. Pile them high on a serviette or paper, sprinkle sugar over and serve.

This is a good way of using up bread and butter left over from tea.

Bread and jam without butter may be used.

## Cake Fritters

Pieces of cake.  
Batter.

| Fat for frying.

Make a batter as for Bread and Butter Fritters ; dip the pieces of cake into it and fry ; dish them up with sugar sprinkled over.

This is a good way of using up stale cake ; irregular-shaped pieces may be used. Jam may be used as for Bread and Butter Fritters.

## Hominy Fritters

3 tablespoonfuls of hominy.  
1 pint of milk.  
Sugar to sweeten.

| Lemon flavouring  
Egg and bread crumbs.  
Clean fat for frying.

Stir the hominy with the milk in a saucepan over the fire until it boils and thickens ; add sugar and flavouring ; turn it out on to a greased tin and spread it smoothly, about one inch in thickness. When quite cold, cut out with a cutter or glass ; press the trimmings well together to make some more rounds. Brush them over well with beaten egg, and cover with crumbs ; shake the loose crumbs off and fry to a golden colour in some hot fat for about two minutes. Dish up on a serviette or paper, in a circle, one overlapping the other ; sprinkle with sugar and cinnamon ; serve either plain, or with golden syrup, or a custard sauce.

## Palace Fritters

1 lb. of flour.  
1 oz. of yeast.  
1 pint of tepid water.  
2 tablespoonfuls of currants.

| 1 tablespoonful of sugar.  
1 egg.  
A little salt.

Put the flour into a basin with the sugar and salt ; mix the yeast with the water and egg, pour into the flour,

mixing smoothly, beat it well ; let it stand for an hour or longer to rise, then lightly mix in the currants. Have some clean fat hot in a frying pan, drop in the mixture in tablespoonfuls about four inches apart to allow them to spread, fry them slowly till of a golden colour on both sides—time, four to five minutes ; then drain them on a wire, and keep warm while cooking the remainder of the batter. Dish them up in a circle on a paper or serviette, and sprinkle with sugar.

### Swiss Apple Pudding

3 gills of bread crumbs.	1 oz. of butter.
1 lb. of apples.	Grated lemon rind.
1 to 2 ozs. of Demerara sugar.	

Choose good cooking apples, peel, core, and thinly slice them. Well butter a pint pie-dish, place some crumbs on the bottom, and press some against the sides of the dish, put in a layer of apple, some sugar, a little lemon peel or any other flavouring preferred, then a few more crumbs, and repeat this until all are used, leaving crumbs for the top layer. Pile the mixture up a little as it shrinks while cooking. Place the butter in small pieces on the top. Bake in a moderately hot oven until the apples are quite cooked and the pudding is browned top and bottom. Turn the pudding out on to a flat dish, sprinkle sugar over the top. Serve with boiled custard or cream.

This pudding may be served hot or cold.

### Vegetable Plum Pudding

$\frac{1}{2}$ lb. of potatoes.	$\frac{1}{4}$ lb. of flour.
$\frac{1}{2}$ lb. of carrot.	2 ozs. of mixed peel.
$\frac{1}{2}$ lb. of suet.	1 teaspoonful of salt.
$\frac{1}{2}$ lb. of currants.	$\frac{1}{2}$ teaspoonful of nutmeg.
$\frac{1}{2}$ lb. of raisins.	2 eggs.
$\frac{1}{2}$ lb. of bread crumbs.	$\frac{1}{2}$ gill of milk.
$\frac{1}{2}$ lb. of Demerara sugar.	

Wash, peel, and grate the potatoes. Wash and scrape the outside of the carrots, grate them. Chop the suet, and prepare the fruit. Beat the eggs. Mix all the ingredients well together, and put into a well-greased basin,

cover with greased paper and steam for six hours. Serve with sweet melted butter or cornflour sauce.

## Christmas Pudding

1 lb. of stoned raisins.	2 ozs. of flour.
1½ lbs. of currants.	½ teaspoonful of each of the
¾ lb. of chopped apples.	following spices: nutmeg, cin-
¾ lb. of chopped beef suet.	namon, cloves, and allspice.
¾ lb. of bread crumbs.	7 eggs.
½ lb. of sultanas.	1 gill of liquid, either milk,
½ lb. of brown sugar.	brandy, or ale.
6 ozs. of chopped mixed peel.	Rind and juice of 1 large lemon.
3 ozs. of chopped almonds.	

Prepare the fruit; well mix the dry ingredients in a pan, add the beaten eggs and the liquid, and stir well. Put the mixture into two greased basins, cover the top with a plain flour-and-water crust. Tie a cloth over the top and boil for six hours. Boil for two hours when required. Or steam for eight hours, and two and a half when required.

## Mincemeat

8 ozs. of stoned and chopped raisins.	6 ozs. of sultanas.
8 ozs. of currants.	2 ozs. of chopped cooked salt beef or tongue.
8 ozs. of chopped apples.	3 ozs. of chopped almonds.
8 ozs. of chopped beef suet.	Grated rind and juice of 2 lemons.
6 ozs. of chopped peel.	2 teaspoonfuls of mixed spice.
6 ozs. of brown sugar.	1 gill of brandy.

Thoroughly mix the above ingredients and press it down in a jar, sprinkle sugar over the top, and tie two or three thicknesses of brown paper over.

If preferred, the brandy may be omitted.

## Stirling Puffs

8 ozs. of flour.	1 egg.
1½ ozs. of butter.	Salt.
1 oz. of castor sugar.	Jam.
1½ teaspoonfuls of prepared flour.	A little milk.
½ teaspoonful of ground cinnamon.	Frying fat.

Rub the butter into the flour, well mix in the prepared flour, sugar, and salt. Make a depression in the centre,

pour in the egg, well beaten, and enough milk to mix to a dough. Roll it out to about half an inch in thickness and cut into rounds with a wine glass or cutter. Lay a little stiff jam in the centre of one round, wet the edges and lay another round over the jam, press the edges together and finish the remainder in a similar manner. Put two or three into some hot fat and fry them from two to three minutes, according to the thickness, keeping them of a pale colour. Mix the cinnamon with a tablespoonful of sugar on a sheet of paper, and as the puffs are drained from the fat roll them in this mixture. Dish them up on a serviette, and serve either sweet melted butter sauce or custard with them; or they may be served cold as cakes.

### Apple Cake

1 lb. of flour.  
 $\frac{1}{2}$  lb. of butter.  
 $\frac{1}{4}$  lb. of lard.  
 2 ozs. of castor sugar.  
 Salt.  
 $1\frac{1}{2}$  lbs. of cooking apples.

Sugar.  
 Rind and juice of  $\frac{1}{2}$  a lemon.  
 1 oz. of sweet almonds.  
 $\frac{1}{2}$  oz. of butter.  
 Cold water.

Peel, core, and slice the apples, put them in a stewpan with the lemon, and sugar to sweeten, add one tablespoonful of water, cover the pan and cook the apples until they are quite soft and rather dry, stir in the half ounce of butter. Let the mixture cool. Make a short paste with the other ingredients, except the almonds, roll it out and cut two rounds to fit a dinner plate or tin. Lay one round on the plate, spread the apple over it, wet the edges and place the other round over, join the edges and mark them, brush the pastry over with white of egg or water, sprinkle the chopped almonds over and some castor sugar. Bake in a moderately heated oven until the pastry is quite cooked. Time, about forty minutes; take care the almonds do not burn. Serve either hot or cold.

### German Apple Cake

Similar ingredients as for Apple Cake, omitting the almonds, and adding two ounces of currants to the cooked apples.

## Pumpkin Pie

1 lb. of pumpkin.  
 $\frac{1}{4}$  lb. of Demerara sugar.  
 1 teaspoonful of cinnamon.  
 $\frac{1}{2}$  teaspoonful of ginger.  
 $\frac{1}{2}$  teaspoonful of salt.

Small saltspoonful of nutmeg.  
 1 oz. of butter.  
 2 eggs.  
 $\frac{1}{2}$  lb. of short paste.

Peel and cut out the seedy portion from about one pound of pumpkin. Steam it in a potato steamer for about half an hour, or until cooked, drain it well, when cold mash it, add the spices, salt, sugar, and the butter melted. Well beat the eggs, and mix in thoroughly with the other ingredients; if the mixture be dry add a little milk. Make some short paste, and line a soup plate or pie dish with it, trim the edges and brush over the inside with white of egg. Turn the mixture on to the paste and bake in a moderately heated oven from thirty to forty minutes. Serve hot or cold.

## Treacle Tart

$\frac{1}{2}$  lb. of flour.  
 $\frac{1}{4}$  lb. of lard or dripping.  
 Salt.  
 Water.

4 large tablespoonfuls of treacle.  
 4 tablespoonfuls of bread crumbs.  
 Rind and juice of  $\frac{1}{2}$  a lemon.

Make some flaky pastry, and with it line a deep plate or sandwich tin, prick the bottom with a fork. Mix the treacle, crumbs, and the grated rind and juice of lemon, pour it in the centre of the pastry, and bake in a hot oven for half an hour, or until the pastry is quite cooked. Serve hot or cold.

## Tapioca or Sago Pudding

2 tablespoonfuls of tapioca or  
 sago.  
 1 pint of milk.

Sugar to sweeten.  
 Any flavouring liked.  
 1 or 2 eggs.

Soak the tapioca in some of the milk for about an hour; then put it into a saucepan with the remainder of the milk, and cook slowly until quite soft—this will take about twenty minutes if it has been soaked; it will then be as soft as jelly. It must be stirred occasionally to prevent it

sticking to the pan. While cooking, keep the lid on as much as possible. Let it get quite cold ; mix in the sugar and flavouring and the eggs well beaten. Turn into a greased pie-dish, and bake until it is a nice colour on the top. Time, fifteen to twenty minutes.

If two eggs be used, the yolks could first be stirred into the tapioca, the whites whipped stiffly, and mixed in gently. The pudding will then rise like a soufflé.

## Steamed Tapioca Pudding

2½ ozs. of tapioca.  
1 pint of milk.  
Sugar and flavouring.

2 eggs.  
Fruit to decorate the mould.

Soak and cook the tapioca as for baked tapioca. Butter a plain Charlotte mould, and decorate the bottom with some cherries and citron peel or any other fruit. Mix the yolks of the eggs well into the tapioca, whip the whites very stiffly, and mix in gently. Pour into the mould. Tie a greased band of paper round, lay a greased paper over. Steam for one and a quarter hours. Turn out on to a hot dish, taking care not to break it. Serve with a custard sauce or sweet melted butter poured round.

## Milky Rice Pudding

2 tablespoonfuls of rice.  
1 pint of milk.  
1 tablespoonful of stoned raisins or currants.

1 dessertspoonful of chopped suet.  
Sugar to taste.  
Nutmeg.

Grease a pint pie-dish. Wash the rice and lay on the bottom of the dish, sprinkle the sugar, fruit, suet, and nutmeg over, and fill up the dish with the milk. Let it stand for half an hour to soak. Cook it slowly in a moderately hot oven from one and a quarter to one and a half hours, taking care it does not get too brown on the top. Fill the dish up with the remainder of the milk as the rice absorbs it. If the pudding be liked very milky more milk can be used. The suet added to the pudding makes it more nourishing.

## Semolina Pudding

2 tablespoonfuls of semolina.  
1 pint of milk.  
1 oz. of butter.  
1 or 2 eggs.

Sugar to sweeten.  
Lemon flavouring.  
A few bread crumbs.

Mix the semolina with a little milk ; scald the remainder and pour on to it. Pour back into the saucepan and stir over the fire until it boils ; add the sugar, butter and flavouring, stir together and let it get cold, then add the yolks of the eggs. Whip the whites stiffly, and stir in gently. Well grease a pie-dish or a pudding basin, put in some dried crumbs, shake all over the dish and let the loose ones fall out. Put the semolina in and bake till of a nice brown colour all over. Time, about twenty minutes. Turn it out of the dish. If it is not to be turned out of the dish the bread crumbs need not be used.

## Ground Rice Pudding

2 ozs. of ground rice.  
1 pint of milk.  
1 or 2 eggs.

Sugar to sweeten.  
Lemon flavouring.  
Stewed apple or jam.

Stir the rice with the milk over the fire until it boils, let it cook gently for five minutes, then leave to get cold. Add the sugar, flavouring, and yolks of eggs, and mix well. Whip the whites of the eggs as stiffly as possible, and stir gently into the rice. Well butter a pie-dish, spread the apples or jam over the bottom, and pour the rice into it. Put into a moderately hot oven to bake for twenty minutes to colour a nice brown. Sprinkle sugar over.

## Baked Jam Pudding

Slices of toast.  
Raspberry or greengage jam.  
2 eggs.

1 pint of milk.  
1 teaspoonful of sugar.

Well butter a pie-dish which holds one and a half pints, spread the jam over some well-made toast, and fill the dish with it. Beat up the eggs with a little milk, scald the remainder and add with the sugar, mix well and pour on to the toast ; let it soak about ten minutes, then bake in

a hot oven until it sets (about twenty minutes). Sprinkle sugar over. The pudding may be turned out and a custard sauce poured over.

## Bread and Butter Pudding

Some slices of bread and butter.	2 eggs.
1 tablespoonful of sultanas or currants.	1 pint of milk.
1 tablespoonful of castor sugar.	A little peel.
	Nutmeg.

Well butter a pint-and-half pie-dish, and decorate the bottom with some peel and currants; cut the bread and butter into pieces and fill up the dish with these, sprinkle some fruit in between. Beat up the eggs, milk, sugar, and nutmeg together and pour into the dish; if the bread be stale, let the pudding stand to soak for about twenty minutes, then bake in a moderate oven until it sets and colours on the top. Time, about twenty minutes. Serve either in the pie-dish or turned out on a flat dish.

## Pancakes No. 1

4 ozs. of flour.	Nutmeg.
$\frac{1}{2}$ oz. of butter.	Salt.
1 egg.	Lard or dripping for frying.
$\frac{1}{2}$ pint of milk.	

Put the flour into a basin with a pinch of salt, a little grated nutmeg, the egg, and pour in the milk by degrees, stirring smoothly; beat it well in order to let the air in, and then let it stand for about half an hour. This allows the starch grains in the flour to swell, and so the batter is lighter. When ready to fry, warm the butter and pour in, stirring at the same time. Make some lard or dripping hot in a small saucepan, ladle some into a frying-pan, when very hot, pour back into the saucepan, but do not drain it, then ladle sufficient batter in to cover the bottom of the pan, shake it gently over rather a sharp fire, and, when nicely browned, toss it over and brown the other side, turn on to a wire or sieve, sprinkle with sugar, roll it up, and keep it warm while finishing the remainder of the batter. Dish them up on a serviette or paper, each

row crossways to prevent the under ones from becoming sodden. Sprinkle sugar over the top and serve with lemon.

If butter or fat be put into the batter as above, the pancake can be fried in a very little fat. This prevents the fat from splashing when tossing the pancake, and they are neither greasy nor tough.

Tossing the pancake is a lighter mode of turning than with a knife, also quicker.

Pancakes to be in perfection should be eaten directly they are made.

## Pancakes No. II

6 ozs. of flour.

2 eggs.

3 tablespoonfuls of cream.

3 gills of milk.

Salt and nutmeg.

Cook as for Pancakes No. I.

## Apple and Arrowroot Pudding

1 oz. of arrowroot.

1 pint of milk.

2 eggs.

6 medium-sized apples.

Lemon.

1 tablespoonful of apricot jam.

Sugar.

1 gill of water.

A little flaky pastry.

Line the rim of a pint pie-dish with the pastry. Peel and halve the apples, scoop out the cores. Put a quarter of a pound of white sugar into a sauté or flat pan with a gill of water and a teaspoonful of lemon juice ; when it boils, put in enough apples to cover the bottom of the pan, place a cover over and let them cook slowly until they are quite soft, but not broken ; lift them out and cook the others in a similar way. Lay the apples on the bottom of the pie-dish overlapping each other. Put the jam in the pan with the juice left from the apples, warm it, and ladle this over the apples. Mix the arrowroot with a little of the milk, scald the remainder and pour on to the arrowroot, stirring at the same time ; pour it back into the saucepan and stir until it boils, sweeten it, and let it get cold, then well stir in the yolks of the eggs ; add the flavouring. Whip the whites stiffly and stir gently into the arrowroot, pour it on to the apples. Place it into a moderately hot oven and bake

for twenty minutes to rise and colour. Sprinkle sugar over and serve.

### Boiled Batter Pudding

3 ozs. of flour.	$\frac{1}{2}$ pint of milk.
1 oz. of castor sugar.	Nutmeg.
2 eggs.	Salt.

Mix the flour, sugar, eggs, salt, and milk smoothly in a basin, beat it well, then let it stand for about half an hour. Butter a basin that will hold about three gills, pour in the batter, fill the basin. Dip a pudding cloth in some boiling water, flour the centre, place over, and tie round the basin, tying the four corners over the top. Put it into boiling water and keep boiling for one and a half hours. Turn out and serve quickly. A sweet sauce may be poured round, or it may be served with butter and sugar.

### Black Cap Pudding

Make a batter as for the preceding pudding. Butter a Charlotte mould (which is similar to a cake mould, only deeper), press currants over the bottom to entirely cover it, pour in the batter, and cook as before.

### Batter for Frying

3 ozs. of flour.	1 gill of tepid water.
1 dessertspoonful of salad oil.	1 white of egg.

Pour the flour into a basin, pour the oil in the centre, add the water by degrees, stirring well. Let it remain for half an hour. When ready to use, whip the white of egg to a stiff froth, and stir lightly into the batter. The yolk of egg may be added with the water if required thicker.

### Cornflour Blancmange

$1\frac{3}{4}$ ozs. of cornflour (Brown and Polson).	Sugar to sweeten.
1 pint of milk.	Bay-leaf or any other flavouring liked.

Mix the cornflour in a basin with a little of the milk, put the remainder of the milk with a bay-leaf in a saucepan to boil, pour on to the cornflour, stirring at the same time,

turn it back into the saucepan and stir until it boils, let it cook very gently for six minutes, then take out the bay-leaf, add sugar to taste, and pour into a mould that has been rinsed out with cold water. Let it stand until it is quite cold ; then turn it out on to a dish and serve with stewed fruit or preserve.

## Blancmange

$\frac{1}{2}$ oz. of gelatine.	Sugar to sweeten.
1 pint of milk.	Any flavouring liked.

Soak the gelatine in a little water, warm the milk to which a bay-leaf or a tablespoonful of chopped almonds has been added, for about fifteen minutes, add the gelatine and the sugar ; stir well, then strain ; when it begins to cool, stir and pour it into a mould rinsed out with cold water. Let it stand until quite set.

## Fruit Blancmange

3 ozs. of cornflour.	1 oz. of chopped citron peel.
$1\frac{1}{2}$ pints of milk.	Sugar to sweeten.
4 ozs. of stoned raisins.	Bay-leaf.

Pour some hot water on the raisins and let them stand three minutes, strain, and stone them. Prepare and cook cornflour and milk as in Cornflour Blancmange, take out the bay-leaf, sweeten to taste, stir in the raisins and peel and turn into a wetted mould, let it remain until quite set.

Other fruit can be substituted for the above, such as about a cupful of quite ripe stoned cherries, or about twelve preserved apricots cut into quarters, etc.

## Cornflour and Fruit Jelly

$1\frac{1}{2}$ ozs. of Brown & Polson's cornflour.	Flavouring, if necessary.
1 pint of fruit juice.	Sugar.

The juice may be made from about one pound of fruit, such as raspberries, currants, plums, rhubarb, etc., cooked in sufficient water to make one pint of liquid when strained. Or the liquor from bottled fruits may be used. Mix the cornflour with a little cold fruit juice, boil the remainder

of juice, and pour it on to the cornflour, stirring well at the same time with a wooden spoon; turn back into the saucepan and stir over the fire until it boils, let it cook slowly for six minutes, adding sufficient sugar to sweeten it, and if necessary some flavouring, as lemon juice if rhubarb or apple is being used. A few of the kernels may be added at the last if stoned fruit is being used.

### Junket

1 quart of milk.  
Rennet.  
Sugar.

Nutmeg.  
1 or 2 gills of cream.  
12 Ratifia biscuits.

Raise the temperature of the milk to blood heat, if too warm the curds will be tough, add sugar to sweeten, and one dessertspoonful of Crosse and Blackwell's prepared rennet, stir well, pour it into a deep glass dish, grate a little nutmeg on the top and leave to set.

When ready to serve, whip the cream stiffly, sweeten and place all over the curd in rough heaps, crunch the ratifias and sprinkle over the top.

### Frumenty (Yorkshire)

1 pint of wheat (whole).  
1½ pints of milk.  
Nutmeg.  
1 oz. of flour.

Sugar to sweeten.  
Salt.  
Water.

Wash the wheat, well cover with water and leave to soak all night. Place it in a double saucepan with a little salt and sufficient of the water to just cover, let it cook slowly until quite soft, adding one pint of the milk as it thickens. Time about three hours. Mix the flour smoothly with remainder of the milk, add to the wheat, stir until it boils and thickens, add sugar and nutmeg to taste.

### Frumenty (Somersetshire)

Ingredients as above, using		of eggs, also 3 ozs. of
instead of the flour, 2 yolks		currants.

Prepare as in the preceding recipe. Instead of thickening with the flour, stir the yolks of eggs with the cold milk, when the frumenty is quite cooked, add this and stir until

quite hot, but do not let it boil again; add the currants, sugar and the nutmeg.

### Custard No. I

3 eggs.	Bay-leaf or other flavouring.
1 pint of milk.	Sugar to sweeten.

Well beat the eggs with a little of the milk, scald the remainder with a bay-leaf or lemon rind, pour it on to the eggs, stirring the while. Pour the mixture into a jug or lining of a double saucepan, stand the jug in a pan of boiling water, and stir the custard until it thickens, it must not boil or it will curdle. When the custard is removed from the fire, stir it for a minute, mixing in sufficient castor sugar to sweeten to taste. When it is slightly cool strain. Serve either in custard glasses, in a glass jug, or in a glass dish, with fruit tarts or stewed fruit. It can also be served hot as a sauce for puddings.

A richer custard can be made by adding another egg or by using five or six yolks of eggs, when whites are required for meringues or other purposes.

### Custard No. II

2 eggs	Sugar to sweeten.
1 dessertspoonful of Brown	1 pint of milk.
and Polson's cornflour.	Flavouring.

Mix the cornflour with a little of the milk. Beat the eggs in another basin with a little milk. Scald the remainder of the milk, pour on to the cornflour stirring at the same time, return it to the saucepan, add bay-leaf or lemon rind, and stir well until it boils, cook for six minutes. Pour it slowly on to the eggs stirring well at the same time, stir it for a short time on the stove, or standing in a pan of boiling water until it thickens. Take care not to let it boil after adding the eggs. Strain it.

### Apple Charlotte No. I

2 lbs. of apples.	Lemon flavouring.
4 ozs. of butter.	Stale bread.
Sugar to sweeten.	1 tablespoonful of apricot jam.

Peel, core, and slice the apples, put them into an enamelled saucepan, with a tablespoonful of water, some

sugar and lemon ; put the lid on, the apples cook quicker if the steam be kept in, and cook them until they are quite soft, stirring occasionally with a wooden spoon. When done, if the apples are rather juicy, stir them over the fire for a few minutes, to make the pulp stiffer ; then mix in the jam. Cut the bread into slices about half an inch in thickness, stamp out some rounds a little larger than a shilling to cover the bottom of the mould, then cut sufficient pieces the height of the mould, and about an inch in width. Melt the butter, pick up one of the rounds with a skewer, dip into the butter, then press on to the bottom of a Charlotte mould, dip another piece into the butter and lay half over the first one, use up the remainder in the same manner, well covering the bottom of the mould. Then dip the long strips in the butter, and lay all round the mould, one overlapping the other ; press them closely to the mould, using a piece of crust for the purpose. If there be any butter remaining, pour it over the bread. Fill up the mould with the apple pulp ; cover over with a slice of bread and bake in a moderate oven for about twenty-five or thirty minutes till the bread is of a nice golden colour. Turn out and serve.

## Apple Charlotte No. II

Stale bread.

2 ozs. of butter or lard.

2 lbs. of apples.

Sugar to sweeten.

Lemon flavouring.

Cook the apples as for Apple Charlotte No. I. Stamp out some bread or cut it into strips ; make the fat hot in a frying-pan, and fry the pieces of bread till of a golden colour, drain them and keep warm. Mix a little flour and water together to make a paste ; dip some of the pieces of bread into it and stick them in a circle on a hot flat dish, put the dish into the oven for a few minutes to fasten the bread on it. Make the apple pulp quite hot and pour into the centre of the bread, cover the top over neatly with the other pieces of bread, sprinkle sugar over, and serve.

## Friars Omelet

1½ lbs. of apples.  
2 ozs. of butter.  
2 eggs.  
3 gills of bread crumbs.

2 tablespoonfuls of water.  
Sugar.  
Lemon flavouring.

Peel and slice the apples, put them into a saucepan with two tablespoonfuls of water, some sugar to sweeten, and a little lemon peel, cook them until they are quite soft and rather dry, stir in one and a half ounces of butter, and let them get quite cold. Butter a pie-dish, press a layer of crumbs about one inch in thickness over the bottom and sides. Stir the yolks of the eggs well with the apple, whip the whites stiffly and mix in gently, put the mixture into the dish and cover over with the remainder of the crumbs, lay the remainder of the butter in small pieces over the top. Bake in a moderately hot oven for about twenty-five minutes till of a golden colour all over ; then turn it out on to a hot dish, sprinkle with sugar, and serve.

## Apple Fritters

4 or 5 large cooking apples.  
Sugar.  
Lemon juice.

Frying batter.  
Fresh frying fat.

Cut the apples into slices three-quarters of an inch in thickness, stamp out the cores, peel the slices, and lay them in a basin, sprinkle over a tablespoonful of castor sugar and the juice of half a lemon ; let them remain for half an hour, turning them over occasionally. When required, drain two or three pieces, dip them into some frying batter, in which a yolk of egg has been mixed, drop them into some very hot fat and fry till of a golden colour and the apple is soft—time, about two minutes—then drain them well. Dish on a paper or serviette, one tilted against another, sprinkle sugar over and serve.

## Pineapple Fritters

Pineapple.

Frying batter.

Cut the pineapple into slices, then across into two, cut off the peel ; dip the pieces into frying batter and cook as for Apple Fritters. Bottled or tinned pineapple may also be used for this dish.

## Lemon Cheese-cakes

$\frac{1}{2}$  lb. of flaky pastry.  
 $\frac{1}{2}$  lb. of castor sugar.  
 2 ozs. of butter.

5 yolks or 2 whole eggs and 1  
 yolk.  
 Rind of 1 and juice of  $1\frac{1}{2}$  lemons.  
 1 oz. of bread or cake crumbs.

Melt the butter in a saucepan, add the sugar and lemon, then put in the eggs and mix. Stand the saucepan in another containing some boiling water, and stir until the mixture thickens, taking care it does not curdle, take it off the stove and stir for a few minutes. Put in the bread crumbs. Roll out the pastry and line some patty tins, three parts fill them with this mixture, put into a hot oven, and when they begin to colour sprinkle some sugar over and put back in a cooler part of the oven to finish cooking. Time, twelve to fifteen minutes. The lemon mixture, without the bread crumbs, will keep good for twelve months if tied down in a jar.

## Pastry Custards

6 ozs. of flaky pastry.  
 $\frac{1}{2}$  pint of milk.  
 $\frac{1}{2}$  oz. of cornflour.

Sugar to sweeten.  
 2 eggs.  
 Lemon rind and nutmeg.

Mix the cornflour with a little of the milk, scald the remainder and pour on to it, then stir over the fire until it just boils, let it cool, beat the eggs up well and mix in with sugar to taste and some grated lemon rind. Roll the pastry out and line some tartlet pans with it ; three parts fill with the custard mixture and sprinkle a little nutmeg over each. Bake till of a light brown colour, fifteen or twenty minutes, in rather a hot oven. Sprinkle some sugar over them before they are quite finished to glaze them.

## Currant Cheesecakes

$\frac{1}{2}$  lb. of flaky pastry (made  
 with  $\frac{1}{2}$  lb. of flour).  
 3 ozs. of butter.  
 3 ozs. of currants.  
 4 ozs. of sugar.

$4\frac{1}{2}$  ozs. of flour.  
 3 eggs.  
 1 teaspoonful of prepared flour.  
 Lemon flavouring.

Cream the butter and sugar together in a basin, add the eggs and flour alternately, stirring well between each, add

the prepared flour, currants, and flavouring. Roll out the flaky pastry and line some tartlet tins, three parts fill with the mixture, put into a hot oven at first, then finish cooking slower. Time, about fifteen minutes. Sprinkle with icing sugar.

### Cocoanut Cheesecakes

8 ozs. of flaky pastry (8 ozs. of flour to make it).	2 ozs. sponge or plain cake crumbs.
6 ozs. of butter.	Rind and juice of lemon.
6 ozs. of castor sugar.	4 eggs.
3 ozs. of desiccated cocoanut.	

Cream the butter and sugar until they become quite white, add eggs and crumbs alternately, stirring well between each; add the cocoanut and lemon. Line some tartlet tins with the pastry, half fill each of them with the mixture, sprinkle cocoanut and sugar on top. Bake about twenty minutes in rather a hot oven at first.

### Orange Cheesecakes

8 ozs. of flaky pastry (8 ozs. of flour to make it).	1 oz. of sugar.
4 ozs. of butter.	1 whole egg and 1 yolk.
4 ozs. of orange candied peel.	1 gill of milk.

Pound the peel well, melt the butter, put in the peel, sugar, eggs, and milk by degrees. Stand the pan containing this mixture in another containing boiling water, stir until it thickens, and finish as for Lemon Cheesecakes.

### Apple Cheesecakes

1½ lbs. of apples.	½ of a lemon.
2 ozs. of butter.	Sugar to sweeten.
2 eggs.	½ lb. of flaky paste.

Peel, core, and slice the apples. Put them into a saucepan with a tablespoonful of water, sugar to sweeten, and the grated rind and juice of the lemon. Cook them until they are quite soft and rather dry; then add the butter and stir well. When quite cold add the two yolks of the eggs, stir well; then beat the whites of the eggs to a stiff froth and mix lightly in with the apple. Line

some tartlet tins with the paste and well prick the bottoms, then nearly fill with the apple pulp, and bake in a hot oven for twenty minutes; sugar them on the top about five minutes before they are finished. Serve hot.

## Yorkshire Cheesecakes

<p><math>\frac{1}{2}</math> lb. of flaky pastry (made with <math>\frac{1}{2}</math> lb. of flour). The weight of 2 eggs in butter, castor sugar, and ground rice.</p>	<p>Rind and juice of <math>\frac{1}{2}</math> a lemon. 2 eggs.</p>
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Well beat the butter and sugar, add one egg, then some rice, well beat, add the remaining egg, rice, and lemon, well beat again. Line some tartlet tins with the pastry and three parts fill with the mixture. Bake in moderately heated oven for about twenty minutes.

## Cold Charlotte Pudding

<p>Slices of bread. <math>1\frac{1}{2}</math> lbs. of black currants, or any other fruit.</p>	<p>Sugar to sweeten.</p>
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Cut the crust off the bread, and line a pint pudding basin with the crumb. Prepare the fruit, wash it, put into an enamelled saucepan with some sugar and one gill of water. Cook slowly until done; then pour it into the basin, lay a round of bread over the fruit, place a saucer or plate with a weight on the top. Let it stand until it is quite cold, pouring any syrup that squeezes out into it again. Turn out on to a glass or flat dish, and pour a custard sauce round.

## Orleans Pudding

<p>1 large tablespoonful of arrow-root. 1 pint of milk. <math>\frac{1}{4}</math> oz. of gelatine.</p>	<p>2 ozs. of sponge fingers. 4 ozs. of cherries, angelica, and citron peel, mixed. Vanilla flavouring.</p>
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Mix the arrowroot with a little milk, scald the remainder and pour on to the arrowroot, stirring at the same time; pour it back into the saucepan, and stir over the fire until it boils; cook it for six minutes. Take it off the fire, add

the gelatine which has been soaked, add sugar to sweeten, and flavouring, and well stir. Rinse a mould with cold water. Put some of the fruit on the bottom, pour in some of the mixture, then lay on this some of the sponge fingers which have been cut up, and let it begin to set ; then put more fruit, sponge fingers, and mixture until the mould is full. Let it stand for half an hour, until quite set.

### Queen's Pudding

12 sponge fingers.  
2 ozs. of ratifias.  
 $\frac{1}{4}$  oz. of gelatine.  
3 gills of milk.  
3 eggs.

1 tablespoonful of sugar.  
4 ozs. of cherries, currants,  
citron, and sultanas, mixed.  
Vanilla.

Soak the gelatine in a little water, decorate the bottom of a pint and a half Charlotte mould with the fruit, cut sufficient of the sponge fingers to fit the inside of the mould ; these can be decorated on the side that touches the mould ; cover the bottom with ratifias, mix the remainder of biscuits and fruit, and place loosely in the mould. Beat up the eggs with the milk, then stir over the fire until it is hot, but do not let it boil. Drain the water from the gelatine, and stir the latter into the custard until it dissolves ; strain it, add the sugar and vanilla, then pour it into the mould. Let it remain until set, turn out and pour cold custard sauce round.

### French Open Tart

#### *For the paste.*

8 ozs. of flour.  
4 ozs. of butter.  
1 oz. of castor sugar.  
1 yolk of egg.  
Salt and cold water.

2 whites of eggs and 3 ozs. castor sugar for the meringue.

#### *For the filling.*

$\frac{1}{2}$  oz. of cornflour.  
 $1\frac{1}{2}$  gills of milk.  
1 whole egg and 1 yolk.  
Sugar, flavouring.  
Fruit or jam.

Make a stiff short crust and line a round sandwich tin with it, prick it with a fork, and lay a piece of soft white paper over it and fill the tin with baked rice ; cook the pastry in a moderate oven until it is a light brown colour ; take out the rice and place the pastry back in the oven to

dry the inside. Cook the cornflour and milk together for five minutes, take it off the fire, sweeten and flavour to taste; well beat the egg and yolk and stir it quickly in the cornflour. Lay some preserved fruit, as apricots or peaches on the pastry, or some fresh raspberries or strawberries may be used, with sugar sprinkled over them; then pour the custard over the fruit. Whip the whites of eggs stiffly, lightly stir in the sugar, cover the tart over with part of the meringue and with the remainder pipe a design on the top. Sprinkle the top with icing sugar and decorate with preserved cherries or other fruit. Place it in a slack oven for half an hour; do not let it colour much. Serve either hot or cold.

### Brioche and Fruit

Brioche shape (p. 391).  
 $\frac{1}{2}$  lb. mixed preserved fruit.  
 1 gill of water.

Cream.  
 Sherry or lemon juice.

Boil the water, add the fruit, which should be of different colours having about one tablespoonful of cherries with them, let the pan stand at the corner of the stove for about ten minutes to extract some of the sugar from the fruit, turn it out to cool, flavour the liquor with sherry or some lemon or orange juice. Place a brioche, baked in a border mould, on a dish with the fruit round it and fill the centre with whipped cream, sweetened and flavoured with vanilla.

### Brioche with Apricot Sauce

Brioche.  
 $\frac{1}{2}$  lb. of apricot jam.

3 dozen almonds.  
 1 glass of sherry or lemon juice.

Prepare a brioche baked in a Charlotte mould; rub the jam through a hair sieve, mix with it the sherry or a little lemon juice. Skin the almonds, cut each lengthways into four strips. If the outside of the brioche is of a dark colour, scrape or cut off the coloured portion; cut the cake into slices about one inch in thickness, spread the prepared jam on the slices, and place them in position again; stick the almonds all over the cake. If required warm, place it in a hot oven with a basin over the top of the cake for about

half an hour until thoroughly warm through. Put the remainder of the jam in a saucepan, thin it with a little water or sherry, when hot pour it round the cake.

## Orange Meringue Tart

- |  |                                  |
|--|----------------------------------|
| 1 large tablespoonful of corn-<br>flour. | Teaspoonful of lemon juice.      |
| 1 gill of water.                         | 3 to 5 ozs. of castor sugar.     |
| 1 oz. of butter.                         | 2 eggs.                          |
| 3 oranges.                               | 6 ozs. of short pastry (p. 395). |
|  | Cherries or angelica.            |

Mix the cornflour with the water and stir over the fire until it boils, then add the grated rind and juice of two oranges, the lemon juice, butter and sufficient sugar to sweeten to taste, well mix. When quite cold well beat in the yolks of the eggs. Roll the pastry out thinly to line a pie dish or soup plate, decorate the edges with the trimmings of the paste cut into shapes, prick the bottom with a fork, pour in the mixture and bake until the pastry is cooked twenty to thirty minutes. Then beat stiffly the whites of the eggs, lightly stir in three ounces of castor sugar, and place it over the mixture in the tart, decorate the edge with a little of the meringue, using a paper bag for the purpose, make some slight dents in the top of the meringue all round where the pieces of orange can be placed. Sprinkle some castor sugar over the top and dry in a slack oven for ten or fifteen minutes. Cut the remaining orange into sections without skin or pips, as for Orange Cream; lay these on the meringue and place a preserved cherry in the centre, with four diamond-shaped pieces of angelica. Serve hot or cold.

## Banana Tart Meringue

- |   |   |
|---|---|
| 1 tablespoonful of Brown and<br>Polson's cornflour. | Rind and juice of lemon.                  |
| $\frac{1}{2}$ pint of milk.                         | 4 ozs. of castor sugar.                   |
| 6 or 8 bananas.                                     | 2 eggs.                                   |
| 1 tablespoonful of stoned<br>raisins.               | Short paste made with 8 ozs. of<br>flour. |
|   | Cherries.                                 |

Skin the bananas, reserve one for decorating, mash the remainder in a basin with a fork, add the lemon juice and

raisins. Boil the cornflour with the milk and lemon rind, then mix it with the bananas, adding sufficient sugar to sweeten, lastly add the yolks of eggs. Line a pie dish, soup plate, or deep sandwich tin with the pastry, prick the bottom with a fork, place a piece of thin white paper in, then fill up with rice, bake for about a quarter of an hour; take out the rice, return the pastry to the oven to dry the inside a little, or brush it over with white of egg; turn the banana mixture into it and bake for about eight or ten minutes. Beat up the whites of the eggs to a stiff froth, lightly mix in three ounces of castor sugar and turn it on the top of the tart in rough heaps, covering it all over, sprinkle with sugar, arrange slices of the banana and cherries about the top, and place in a slack oven for ten or fifteen minutes, keeping it of a pale colour. Serve either hot or cold.

### Chestnut Meringue

2 lbs. of chestnuts.	1 pint of milk.
2 tablespoonfuls of chocolate.	2 eggs.
2 tablespoonfuls of cream.	Vanilla.
1 oz. of butter.	4 ozs. of pastry.
4 ozs. of castor sugar.	Pinch of salt.

Slit the chestnuts a little with a knife, and put them in a moderately hot oven for about ten minutes, until the skins will come off easily. Place the chestnuts in a stewpan and cover with milk, add salt; let them simmer gently until quite soft, drain and pass them through a sieve, melt the butter and mix with the chestnuts, add the chocolate grated, vanilla, sugar to taste, and the yolks of the eggs, well beat the mixture. Make some light pastry, using four ounces of flour, roll it out and line a pie dish with it, prick the bottom with a fork, pour in the mixture and bake in a moderately hot oven until the pastry is quite cooked. Time, according to the thickness of paste, twenty to thirty minutes. Beat up the whites of eggs stiffly, mix lightly in with a spoon, three ounces of castor sugar, then put it on the top of the mixture, sprinkle over a little sugar. Sprinkle some chopped pistachio kernels over, or decorate with slices of cherries. Dry in a slow oven for fifteen minutes. Serve hot or cold.

## Chestnut Pudding

3 ozs. of butter.  
3 ozs. of castor sugar.  
2 ozs. of flour.  
10 ozs. of chestnut puree.

2 eggs.  
1 teaspoonful of prepared flour.  
 $\frac{1}{2}$  teaspoonful of vanilla.  
Milk.

Cut a small slit in the skins of one pound of chestnuts, place them in the oven for five or six minutes until the skins will peel off easily. Put the chestnuts into a stewpan, cover with milk, and let them boil gently until they are tender, strain them from the liquor, and pass them through a wire sieve. Cream the butter and sugar, add egg and flour, alternately beating the mixture well. Stir in the prepared flour, vanilla, and chestnut puree. Butter a mould, stick a few cherries on the bottom and turn in the mixture, cover with greased paper and steam for one and a half hours. Turn out on to a hot dish. Serve with a chocolate or apricot sauce round.

## Chestnut Croquets

12 ozs. of chestnut puree.  
2 ozs. of butter.  
2 ozs. of castor sugar.  
1 oz. of chopped citron peel.

2 yolks of eggs.  
Vanilla.  
Egg and bread crumbs.

Prepare the puree similar to chestnut pudding. Cream the butter and sugar together, add the puree, citron, and flavouring, bind with the yolks of eggs. Divide the mixture into eight or ten portions, roll each into a ball shape. Cover them well with egg, then roll in bread crumbs. Fry for one and a half minutes in hot fat, drain, roll them in some vanilla sugar and serve hot.

A chocolate sauce can be served separately.

## Chocolate Tartlets

### *For the Paste*

8 ozs. of flour.  
4 ozs. of butter.  
1 oz. of castor sugar.

Salt and cold water.  
 $\frac{1}{2}$  teaspoonful of baking powder.

### *For the Filling*

2 ozs. of butter.  
5 ozs. of castor sugar.  
1 tablespoonful of grated chocolate.

1 tablespoonful of cornflour.  
1 tablespoonful of milk.  
4 eggs.  
Vanilla essence.

Make some short paste and line some tartlet tins, prick the bottoms. Cream the butter with two ounces of the

sugar in a basin, mix the chocolate smoothly with the milk and add to the butter, then well mix in two eggs, also the cornflour; separate the whites from the other eggs and reserve for the meringue. Add the yolks and some vanilla essence to the mixture. Half fill the tartlets with this and bake them in a moderately hot oven for about fifteen or twenty minutes; then whip the whites of the eggs stiffly, stir in the remainder of the sugar, spread this meringue mixture over the tops of the tartlets, sprinkle a little sugar and grated chocolate over, and place in a slack oven for fifteen minutes. Serve either hot or cold.

### Princess Custard Tart

1 tablespoonful of arrowroot.	Stewed fruit or preserve.
3 gills of milk.	Vanilla.
3 eggs.	Flaky pastry.
Sugar.	

Mix the arrowroot smoothly with the milk, and stir over the stove until it boils and thickens, then add the yolks of eggs and stir briskly for a few minutes over the fire; take it off the fire, add sugar to sweeten and some vanilla essence. Line a pie-dish with the pastry rolled out thinly, fill it up with baked rice to keep it from sinking while cooking. Bake until quite cooked; scrape out all the rice, put it back into the oven for two or three minutes, then cover the bottom of the pastry with stewed apricots, prunes, apples, or any other fruit. Nearly fill the dish with the arrowroot. Beat up two of the whites of eggs to a stiff froth, stir in gently three ounces of sugar and cover the top of the dish with it; some could be squeezed through a piping-bag to ornament the top. Sprinkle sugar over and put into a slack oven for about twenty minutes, taking care it only colours slightly.

### Italian Pudding

3 ozs. of bread crumbs.	$\frac{1}{2}$ gill of cream.
8 ozs. of apples.	3 eggs.
1 oz. of sugar.	Vanilla flavouring.
4 ozs. of preserved fruits.	Puff paste.
$\frac{1}{2}$ pint of milk.	

Place the crumbs in a basin, scald the milk and pour over them, when cold add the cream, sugar, flavouring,

one yolk, and two whole eggs. Beat all well together. Chop the apples and cut the fruit into pieces and stir them into the mixture. Line a pie-dish or open tart tin with pastry, pour in the mixture and bake in a hot oven until the pastry is quite cooked. Time, from twenty to thirty minutes. Then whip up the white of egg stiffly and mix in an ounce and a half of sugar, turn it into a forcing-bag and decorate the top by making a star, and knobs all round the edge, sprinkle sugar over and bake in a slack oven for about fifteen minutes. Place pieces of preserved fruits between the star and serve hot.

### Cabinet Pudding

8 stale sponge fingers.	1 tablespoonful of sugar.
12 ratifias.	3 eggs.
1½ ozs. of cherries, currants,	1 pint of milk.
and citron peel mixed.	Vanilla flavouring.

Decorate the bottom of a mould with some of the fruit, lay a row of ratifias round the edge of the bottom. Cut the fingers into pieces, mix with the fruit and loosely fill the mould. Beat the eggs with a little of the cold milk, scald the remainder, and pour on to the eggs, beating at the same time. Sweeten and flavour to taste. Gently pour this into the mould. Cover with some buttered paper and place in a steamer to cook until set. Time, from three-quarters to one hour. Let the pudding stand a minute or two before turning out. Serve with a custard, jam, or wine sauce. This pudding may be served cold. Let it cool in the mould. Serve with jelly round, and cream or custard. Instead of sponge cake and ratifias, any kind of stale cake may be used.

### Golden Pudding

The weight of 4 eggs in flour.	1 teaspoonful of prepared flour.
" " 3 " butter.	Pinch of saffron.
" " 2 " sugar.	4 eggs.
3 tablespoonfuls of apricot jam.	Essence of lemon.

Cream the butter and sugar together in a basin; add the eggs and flour alternately, stirring well between each. Infuse the saffron in a tablespoonful of boiling water until

it is of a deep yellow colour ; strain it, and when cool add it and the prepared flour to the mixture, also the jam and four drops of lemon essence. Turn it into a greased pudding mould, cover with some greased paper, and steam for three hours. Turn it out on to a hot dish, and pour the following sauce over :—

*For the Sauce*

3 tablespoonfuls of apricot jam.	2 tablespoonfuls of sherry.
	1 tablespoonful of water.

Put these into a saucepan to simmer for ten minutes, then pass through a strainer and use. The sauce can be made, if liked, without the sherry, using three tablespoonfuls of water and a little lemon juice.

## Ginger Pudding

6 ozs. of butter.	¼ teaspoonful of ground ginger.
6 ozs. of flour.	1 teaspoonful of prepared flour.
4 ozs. of Demerara sugar.	½ gill of milk.
2 ozs. of ground rice.	4 eggs.
4 ozs. of preserved ginger.	Rind and juice of lemon.

Cream the butter and sugar, add the flour, ground rice, milk, and yolks of the eggs by degrees, well beating between each, add ginger cut into squares, lemon, and prepared flour, whip the whites of eggs stiffly and stir in lightly. Well grease a mould, sprinkle sugar over the inside, turn the mixture into it and cover over with greased paper, and steam for two hours. Turn it out on to a hot dish and pour over some apricot sauce.

## Marie Pudding

2 ozs. of semolina.	3 eggs.
1 pint of milk.	1 teaspoonful of vanilla sugar.
1½ ozs. of butter.	Sugar to sweeten.

*For the Caramel*

4 ozs. of loaf sugar.	½ gill of water.
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Mix semolina and milk together and stir over the fire until it boils ; add the butter, let it cool. Melt the sugar and water, for the caramel, then let it boil until it turns a deep golden colour, pour it quickly into a plain mould, run it all round the mould until a layer clings all over the

inside. When the semolina is cold, add the flavouring, sugar, and the yolks of the eggs, beating the pudding well between each one, then whip stiffly the whites of the eggs and stir lightly into the mixture, turn it into the mould, cover over with well-greased paper and steam for one and a half hours. Turn out on to a hot dish and serve with a caramel custard sauce, or sweet melted butter sauce flavoured with vanilla.

### Orange Cream

4 eggs and 2 yolks.  
1 pint of milk.  
Sugar to sweeten.

Vanilla flavouring.  
4 to 6 oranges.

Beat the eggs well in a basin with a little milk ; scald the remainder and pour on to them, stirring well. Add vanilla and sugar to sweeten. Strain it into a greased Charlotte mould, cover with greased paper, and steam until it sets. Cut the peel off the oranges with a sharp knife, taking off the white pith with it ; then cut the orange into sections, remove the thin skin that lies between. Take out the pips. Put about four ounces of castor sugar and a gill of water in a sauté-pan ; when it boils, skim it, and pour it over the pieces of orange ; let them stand for ten minutes, then strain all the juice back into the sauté-pan, and boil it down to about four tablespoonfuls. More sugar must be added if the oranges are sour. Pour the syrup over the oranges again, and let it get cold. Turn the cream on to a dish, and lay the pieces of orange on the top, put a dried cherry in the centre, then arrange the other pieces, neatly, all round the cream, pour syrup over, and serve.

### Custard Shape

3 eggs.  
1 pint of milk.

Sugar to sweeten.  
Vanilla or any flavouring liked.

Beat the eggs well with a little of the milk, scald the remainder and pour on to them, stirring at the same time ; sweeten, and add the flavouring. Grease a mould or basin and strain the custard into it, cover with a greased paper, and steam until it sets. Time, about thirty minutes. Can be served either hot or cold. Usually served with stewed

fruit. This custard is best cooked in a steamer ; if it stands in the boiling water it is likely to cook too quickly, and turn honeycombed.

### Albert Pudding

5 ozs. of bread crumbs.	1 oz. of angelica.
2 ozs. of butter.	1 teaspoonful of prepared flour.
2 ozs. of castor sugar.	2 eggs.
3 ozs. of cherries.	1 gill of milk.
1 oz. of chopped almonds.	

Well butter a mould ; decorate the bottom with some of the cherries and angelica ; mix the bread crumbs in a basin with the butter melted, sugar, almonds, cherries, and angelica cut into pieces, and prepared flour ; stir in the yolks of the eggs and the milk ; beat the whites to a stiff froth and stir lightly into the mixture. Turn it into the mould, cover with some greased paper, and steam it for one and a quarter hours. When cooked turn it out on to a hot dish, and pour the sauce over.

#### *For the Sauce*

3 tablespoonfuls of apricot jam.	1 tablespoonful of water.
2 tablespoonfuls of sherry.	1 oz. of cherries.

Boil the jam, sherry, and water together for five minutes, pass it through a strainer, and add the cherries cut into slices. Instead of the sherry, more water and a little lemon juice may be used.

### Chocolate Pudding

4 ozs. of Vienna flour.	3 eggs.
1 oz. of ground rice.	$\frac{1}{2}$ tablespoonful of baking powder.
3 ozs. of butter.	2 tablespoonfuls of milk.
3 ozs. of grated chocolate.	Vanilla pod.
1 oz. of castor sugar.	

Cream the butter and sugar together in a basin. Mix the chocolate smoothly with the milk and stir with the butter, add the eggs and flour alternately, stirring well between each. Mix in the rice, powder, and vanilla pod chopped. Place the mixture in a buttered mould, and steam for two hours. Serve with a whipped sauce or custard poured over.

## Vanilla Soufflé

1  $\frac{1}{2}$  ozs. of Vienna flour.  
 1  $\frac{1}{2}$  ozs. of butter.  
 1 oz. of sugar.  
 4 yolks and 5 whites of eggs.

1  $\frac{1}{2}$  gills of milk.  
 1 teaspoonful of vanilla sugar or essence.

Melt the butter in a saucepan, mix in the flour, then the milk, stirring smoothly, put in the sugar, and stir over the fire until it boils, then let it cool. When cold add the vanilla flavouring and the yolks one at a time, stirring well between each. Add a pinch of salt to the whites, and whip them up very stiffly, stir lightly into the mixture, put it into a mould which has been well buttered and tie a greased-paper band round the mould to come about three inches above it. Lay a greased paper over the top, and steam gently for one and a quarter hours. Turn it out on to a hot dish, and pour a custard or wine sauce over it.

The bottom of the mould can be decorated with dried cherries and angelica, in which case the sauce would be poured round.

The soufflé can be baked if liked; a pie-dish or the lining of a soufflé dish must be buttered, and a buttered-paper band, to come three or four inches above the dish, tied round, pour the mixture in, and bake for twenty minutes in a hot oven. The soufflé should be served immediately.

Other soufflés can be made by substituting different flavours, as lemon, orange, etc.

## Ginger Soufflé

3 ozs. of fine flour.  
 2 ozs. of butter.  
 2 ozs. of castor sugar.  
 $\frac{1}{2}$  pint of milk.

2 tablespoonfuls of preserved ginger.  
 Grated rind and juice of  $\frac{1}{2}$  a lemon.  
 4 yolks and 6 whites of eggs.

Place the milk and butter in a stewpan on the stove, when it boils add the flour, sifted, and stir briskly on the stove until the mixture leaves the side of the pan, about two minutes. Take it off the fire and let it cool; stir in the sugar, and when quite cold add the yolks of eggs, well stirring between each. Cut the ginger into small squares and mix in with the lemon peel. Whip the whites of eggs

very stiffly, and stir them lightly into the mixture. Butter a pint plain mould and sprinkle some sugar over the inside, shake any loose sugar out, double a sheet of foolscap paper, grease it, and tie it round the outside of the mould, letting it be three or four inches above the mould. Pour the mixture into the mould, lay a piece of buttered paper across the top, and steam it gently for one and a half hours. Turn it out on to a hot dish, and pour over it the following sauce :—

*For the Sauce*

2 yolks of eggs.	Grated rind and juice of half a
1½ tablespoonfuls of the ginger	lemon.
syrup.	Little sugar if necessary.
1½ tablespoonfuls of water.	

Place the ingredients in a pint jug, and stand it in a saucepan containing some boiling water, on the fire, whisk the contents of the jug rapidly for five to ten minutes until the mixture looks like froth, then use.

## Caramel Pudding

4 eggs.	<i>For the Caramel.</i>
1 pint of milk.	4 ozs. of loaf sugar.
Vanilla.	1 gill of water.
1 oz. of castor sugar.	

Boil the water and sugar together in a stewpan until it turns a dark golden colour, pour it into a Charlotte mould and turn the mould about for the caramel to run evenly all over it. Beat the eggs in a basin with a little of the milk, scald the remainder of the milk in the pan in which the caramel was made, then turn it in with the eggs, beating well; add the sugar and vanilla. Strain the mixture into the mould, cover with some greased paper and steam until the custard becomes set; time, thirty to forty minutes. Serve either hot or cold.

## Sweet Omelet

3 fresh eggs.	Pinch of salt.
½ oz. of butter.	Jam.
1 tablespoonful of cream or	Sugar.
milk.	

Put the eggs, salt, one-third of the butter, and cream into a basin and beat them well. Make the remainder of

the butter quite hot in an omelet pan, pour in the eggs, shake the pan over the fire with one hand, stirring the contents over quickly with a wooden spoon in the other, until the mixture sets, then lay a little jam on one half, turn the other half over the jam into half-moon shape. Turn it on to a hot dish, sprinkle some sugar over; have an iron skewer red hot, touch the top of omelet with it to make a trellis pattern. The omelet should not take longer than three minutes to fry or it will be tough.

### Omelet Soufflé

3 fresh eggs.	1 tablespoonful of jam.
1 dessertspoonful of castor sugar.	
	$\frac{3}{4}$ oz. of butter.

Put the yolks of the eggs into a basin with the sugar and stir with a wooden spoon until they are quite thick. Whip the whites stiffly and stir lightly with the yolks. Make the butter quite hot in a frying-pan, pour in the mixture, stand on the stove for half a minute, then put it into a hot oven for about six minutes to rise and colour. When cooked, spread the jam over half of it and fold the other half over the jam. Turn it on to a hot dish, sprinkle with sugar, and serve immediately.

### Meringues and Vanilla Cream

3 whites of eggs.	Icing sugar.
5 ozs. of castor sugar.	

Cut some strips of white paper, wet and lay on a meringue board, or if the latter be not available on a baking tin. Whip the whites of eggs as stiffly as possible, stir in the sugar very lightly, take up a spoonful and drop on to the paper, repeat this, placing them about two inches apart. Sprinkle icing sugar over the tops and bake them in a slack oven until quite dry on the outsides—time, about three-quarters of an hour; then lift them carefully from the paper, turn them over and press in some of the soft part. Place them back, hollow side uppermost, into the oven until the insides are quite dry; about half an hour. They should be of a pale fawn colour. Keep them shut in a tin

until they are required, for if left exposed too long they turn soft. When ready to serve, whip some cream, flavour with vanilla, and sweeten with white sugar, fill the cases with this cream and stick two together. Serve on a fancy paper or serviette.

### Trifle

8 or 10 sponge cakes.  
6 macaroons.  
20 ratifias.  
3 eggs.  
3 gills of milk.  
1 gill of cream.

Sherry or any flavouring liquids,  
as vanilla, orange flower water,  
rose water, or fruit juice.  
Sugar to sweeten.  
Raspberry jam.

Cut the sponge cakes into slices, spread with the jam and place them together. Put the biscuits and cakes mixed in a pile, in a deep glass dish; sprinkle about a glass of sherry over them. Make a custard with the milk and two whole eggs and one yolk, sweeten and flavour with vanilla. When nearly cold ladle it over the cakes. Whip the cream, also the white of the egg, stiffly; lightly mix them together, adding a little sugar. Lay this over the cake, leaving it rough on the top. A few pistachio nuts, blanched, skinned, and chopped, sprinkled over the top are an improvement. If no wine be used, the sponge cakes must be quite fresh and a little of any of the above flavourings sprinkled over. If no cream is available, cover the top with whipped and sweetened white of egg.

### Yorkshire Trifle

10 or 12 sponge fingers.  
3 bananas.  
8 or 9 halves of apricots or  
peaches.  
12 glacé cherries.

3 gills of orange or lemon jelly.  
 $\frac{1}{2}$  gill of cream.  
1 white of egg.  
Coloured sugar.

Peel and cut the bananas into pieces; cut each sponge cake into three. Lay the fruit and cakes mixed in a deep glass dish. Warm the jelly until it is just liquid and pour in the dish and leave it until quite set. Whip the cream, also the white of egg, stiffly; mix lightly together, adding sugar and vanilla sugar to flavour; cover the top with this cream. Sprinkle over the top some pink or green

sugar. More cream without the egg may be used. If more cream be used it is an improvement. Any kind of fruits may be used, as pineapple, grapes, etc.

## Fruit Salad

Mixed fruits.		
Syrup of 4 ozs. of castor sugar,		and $\frac{1}{2}$ gill of water, brandy, sherry, or liqueur.

Take any kind of fruit, as oranges, apricots, peaches, bananas, grapes, cherries, etc. They must be quite ripe, oranges cut into divisions free from skin and pips, apricots in halves, peaches quartered, cherries stoned, or glacé cherries may be used, bananas skinned and sliced. Lay the pieces mixed in a dish. If a tablespoonful of brandy and the same quantity of sherry be used, mix with half a gill of syrup and pour it over the fruit. Let it stand in a cold place for a short time. Serve with whipped or clotted cream.

If no wine be used, place some orange or lemon rind when making the syrup, or flavour the syrup with vanilla or any other flavouring required. Often a little lemon juice is a great improvement.

## Neapolitan Cake

$\frac{1}{2}$ lb. of flour.		2 yolks of eggs.
6 ozs. of castor sugar.		Cream.
6 ozs. of ground almonds.		Vanilla sugar.
3 ozs. of butter.		Fruit.
Grated rind of a lemon.		

Rub the butter into the flour, mix in the almonds, sugar, and lemon rind, bind together with the yolks of eggs, roll the paste out rather thinly, and cut out with a small saucer or a cutter the size required, place on a baking sheet, and stamp out a round from the centres, leaving two or more uncut rounds for bottoms. The small rounds can be used if put on the tin and small pieces stamped out of the centres, to make a dish of small cakes. Bake the paste in a moderately hot oven for about fifteen minutes, keeping it of a golden colour. When cold build up the rings of paste one on the other, using one or two whole rounds for

the base ; trim evenly all round the cake if necessary with a knife. Pass some apricot jam through a sieve and spread a little between each layer of paste to join them together. Any kind of fresh or preserved fruit may be used ; if strawberries, pick about three fine ones for the top, cut the others into halves or quarters. Whip the cream stiffly, sweeten and flavour with vanilla, gently mix in the pieces of strawberries, place this in an ice-cave to thoroughly cool, then, just before serving, fill up the centre of the cake with the cooled mixture, arrange the three strawberries on the top, pipe with a rose pipe some plainly whipped cream in between the berries, also round the edge and side of cake. Serve on a lace paper. The small ones may be finished in a similar manner, making each of a size sufficient for one person. These cakes may be decorated in a variety of ways, using preserved fruits for the purpose. The cake, without the jam or cream, can be kept in reserve in a closed tin for a long time. The above quantity would make one large sweet, cut out the size of a tea saucer, and about seven small ones.

### Coffee Cream

1 pint of milk.  
1 gill of cream.  
 $\frac{3}{4}$  oz. of gelatine.  
2 eggs.

1 gill of strong coffee or some  
coffee essence.  
Sugar.  
Flavouring.

Soak the gelatine in water. Place the yolks of eggs in a stewpan with the milk, stir over the fire until thoroughly heated, but do not let it boil ; drain the gelatine from the water, add to the hot mixture with sugar to sweeten, stir until it dissolves, then pour in sufficient strong coffee to flavour to the taste (the whole should not measure more than one gill), flavour with either vanilla or a tablespoonful of brandy. Whip the cream and stir into the cold mixture, then beat stiffly the whites of eggs and stir in gently. Stand the basin with the mixture in another containing water or ice, and stir occasionally to prevent the gelatine from settling at the bottom. When it begins to set pour it into a wetted mould and leave for about one hour or until quite set. If a richer cream be desired, less milk and more cream can be used in the same proportion.

## Vanilla Cream

$\frac{1}{2}$  oz. of gelatine.  
3 gills of milk.  
1 gill of cream.

3 yolks of eggs.  
Sugar to sweeten.  
Vanilla.

Soak the gelatine in a little water. Put the yolks and milk into a saucepan with a small piece of crushed vanilla pod, and stir over the fire until it thickens, take it off the fire, add sugar to sweeten and the gelatine; stir until it is dissolved, then strain it, and when cool mix with the cream which has been whipped stiffly. Put it into a mould that has been rinsed out with cold water. Let it stand until quite set.

## Charlotte Russe

Sponge fingers.

| Cream filling.

Line a Charlotte mould with white paper to exactly fit. Cut the sponge fingers into two and trim the cut ends to a point. Lay them the right side on the bottom of a plain mould to entirely cover the bottom. Stamp out the ends at the centre with a small round cutter, cut a round from one of the other cakes and lay in the space. Trim the sides of some sponge fingers and lay them round the mould, letting the right side of cake be against the mould. Press them closely together; trim the ends level if necessary. Turn in some fruit, or other flavoured cream mixtures; when thickening, it should just run level. When quite set turn out on a lace paper on a dish. Strawberry, raspberry, chocolate, and coffee creams are suitable for this sweet.

## Bavaroise of Chocolate

1 pint of milk.  
 $\frac{1}{2}$  oz. of gelatine.  
3 ozs. of grated chocolate.  
Vanilla pod.

$\frac{1}{2}$  pint of thick cream.  
3 yolks of eggs.  
Sugar if necessary.

Soak the gelatine in some cold water. Beat the yolks in a basin with a little of the milk, mix the chocolate smoothly with remainder and slowly scald it, adding about one inch of vanilla pod broken up, then pour it on to the yolks, stirring them at the same time, return it to the pan and stir over the stove for two minutes, taking care that it

does not boil. Drain the gelatine from the water, and add it to the hot mixture, when quite dissolved strain into a basin, and allow it to cool, stirring occasionally to prevent the gelatine settling at the bottom. Whip the cream and mix with the cooled mixture, when this begins to thicken pour it into a mould and let it stand until quite firm.

### Orange or Lemon Jelly (Plain)

$\frac{1}{2}$  oz. of gelatine.

2 or 3 gills of orange juice and  
water to make 1 pint.

Sugar to sweeten.

Rind of 2 oranges.

Peel the rind thinly from the oranges, squeeze the juice from five or six, measure it and take sufficient water to make a pint, in some of this water soak the gelatine, the remainder place in a stewpan with the orange rind and loaf sugar to sweeten the whole jelly; let this stand at the corner of the stove for about ten minutes, to draw the flavour from the peel. Add the gelatine, and stir gently until it is quite melted, take it from the fire, add the juice and more sugar if required, taking care not to stir more than necessary. If the oranges are rather sweet the juice of half a lemon is a great improvement. Strain it gently through a fine muslin, or jelly bag, colour with cochineal, if desired, and pour it into a mould that has previously been rinsed with cold water; let it remain in a cold place until quite set. Any kind of fruit juice may be used instead of orange juice. If the jelly has been set in a mould with a pipe in the centre, this may be served filled up with whipped and sweetened cream.

### Lemon Sponge

$\frac{1}{2}$  oz. of gelatine.

4 ozs. of white sugar.

3 gills of water.

1 white of egg.

Rind of 1 and juice of 2 lemons.

Soak the gelatine in half a pint of the water. Put the remainder of the water with the sugar, and lemon rind cut thinly, in a saucepan on the corner of the stove to steep for ten minutes; then add the gelatine, and stir until it is dissolved; strain it into a basin; when it is cool add the lemon juice, and the white of egg, and whip it until it becomes a white, stiff froth. If the sponge is to be put into

a mould, part may be coloured with cochineal. Pour into the mould just before it begins to set. Let it stand for half an hour to quite set.

It looks very pretty if dished up in spoonfuls, rocky, on a glass dish and some pink sugar sprinkled over the top.

### Rhubarb Jelly

8 or 9 sticks of rhubarb.

$\frac{1}{2}$  pint of water.

$\frac{1}{2}$  oz. of gelatine.

1 oz. of almonds.

Sugar to sweeten.

Lemon rind.

Cochineal.

Soak the gelatine in some cold water. Wash, wipe, and cut up the rhubarb, cook it with the half pint of water, lemon rind cut very thinly, and sugar to sweeten. When soft, pass it all through a sieve, drain the gelatine from the water and add to the rhubarb pulp, there should be one pint of the latter; if not hot enough to melt the gelatine, it must be stirred over the fire for a few minutes. Add sufficient cochineal to turn it a nice colour. Blanch, skin, and shred the almonds, stir them into the jelly, turn it into a china mould that has been rinsed out with cold water, and stand it in a cool place to set. Serve with whipped and sweetened cream, or pour a boiled custard round.

### Wine Jelly

1 oz. of gelatine.

5 gills of water.

2 gills of wine.

Whites and shells of 2 eggs.

Sugar to sweeten.

Rind of 2 and juice of 3 lemons.

Soak the gelatine in the water. Break up the shells with the whites, add a little of the water with the sugar, lemon rind and juice. Put it into a bright stewpan and whisk over a slow fire until it boils; then stand it, with the lid on, at the corner of the stove, for fifteen minutes. Fasten a jelly bag on to a stand, or between two chairs, pour some boiling water through the bag, and when it has drained a little, pour the jelly through as gently as possible; if not clear the first time pour it through again. Lay a clean cloth over the bag to keep the heat in. Now pour the wine into the jelly and gently stir. Pour it into a mould that has been rinsed out with cold water and stand it in a cool place to get firm.

## Mousse of Strawberries

$\frac{1}{2}$  lb. of strawberries.  
3 gills of stiff wine jelly.

$1\frac{1}{2}$  gills of vanilla cream.

Place a pint-sized Charlotte mould in a basin on ice. Have the jelly just liquid and pour a little into the mould, about one inch. When beginning to set, place in some halves of strawberries, half of them the red side, and half with the white side down. Pour in sufficient jelly to barely cover ; when this has set pour in more. Place a tin lining used for the purpose, or if this be not available, a large-sized Worcester sauce, or other round bottle may be used, placed exactly in the centre. Pour in some jelly round the lining, then lay in cut strawberries and jelly until the mould is quite full, letting it set between each layer to keep the berries in place ; allow it to stand a quarter of an hour. Have the vanilla cream just thickening. Pour some hot water into the lining and lift it quickly out and pour the cream into the empty space. Let it stand at least half an hour before turning out.

The advantages of using the proper lining are : it has rests that fit on the edge of the mould, ice can be placed in it, thus setting the jelly quickly, and it can be lifted out quickly while the hot water is in it, thus preventing the jelly from melting. The bottle must have hot water poured into it, the heat passes through the glass gradually, and if great care be not taken the jelly round the side may melt and fall.

Different kinds of fruit may be used instead of strawberries, such as halves of apricots, peaches, etc. It is an excellent recipe when strawberries are dear, as a few can be made to look effective, and a strawberry cream made from jam can be placed in the centre.

## Orange Cream Sponge Baskets

$\frac{1}{2}$  oz. of gelatine.  
1 gill of water.  
2 gills of orange juice.  
3 oranges.  
Juice of 1 lemon.

White of 1 egg.  
Sugar to sweeten.  
Chopped pistachios.  
Cherries.  
1 gill of cream.

Soak the gelatine in the water. Wash and wipe three oranges, rub some pieces of loaf sugar on the rind until they

are yellow all over, about two ounces of sugar can be used ; add this to the gelatine. Remove the white pith from the oranges and with a sharp knife cut them into sections, removing the thin skin between the sections and the pips ; reserve the sections for decorating the baskets. Cut some halves of oranges, leaving a thin strip of the top to form a handle across, take out all the pulp and press for the juice required. Put the water, sugar and gelatine on the stove until the latter is melted, add to this the orange and lemon juice, if not sweet enough add more sugar, strain it into a large basin ; when cool, add the white of an egg and whisk it continuously until it begins to set, then add the cream and beat until quite set. Fill the halves of oranges with this jelly, place some chopped pistachios round the edge of the oranges. Arrange the sections of orange on the jelly with some pieces of preserved cherries.

These baskets can be decorated in a variety of ways ; some of the cream may be saved and whipped to pipe the tops between the section of orange, or part of the sponge may be coloured pink. Again, the oranges may be cut into halves, filled, then handles formed across the tops with angelica, part of the sponge may be coloured pink or pink sugar sprinkled round the edge. They are good even if no cream be used.

They are very effective for a supper dish or for a children's party.

### Apricot Cream à la Condé

$\frac{3}{4}$ oz. of gelatine.	$\frac{1}{2}$ lemon.
1 oz. of almonds.	4 ozs. of rice.
$\frac{1}{2}$ lb. of apricot jam.	About 1 pint of milk.
Bottle or small tin of apricots.	Vanilla.
$\frac{1}{3}$ gill of rose water.	Sugar.
$\frac{1}{2}$ pint of cream.	6 or 8 cherries.

Soak the gelatine in cold water. Drain the juice from the apricots into a stewpan with the jam and rind of lemon cut thinly, boil gently for ten minutes ; the quantity should measure about three gills. Mash the apricots and add to the mixture, also the gelatine, rose water, lemon juice, and sugar if necessary. Pass it through a hair sieve ; when cool, whip the cream (reserve a little for the rice) and mix in with the almonds blanched and chopped. Stir the

mixture occasionally until it begins to set, then pour it into a plain mould that has been rinsed out with cold water, and let it get firm.

Wash the rice, place it in a saucepan with three parts of the milk, an inch of vanilla pod, and cook it slowly until it is quite soft, keeping it as whole as possible, adding more milk as it is required. Take out the vanilla and sweeten the rice. When it is cooked and rather dry, let it get quite cold, then stir in about two tablespoonfuls of whipped cream. Spread a layer of the rice on a dish a little bigger than the base of the apricot cream, turn the latter out upon it, there should be about one inch of rice showing beyond the cream. Put the remainder of the rice into a forcing bag, with a wide plain tube in it, and force out the rice in small knobs round the top of the cream, also on the rice round the cream. Place a thin slice of glacé cherry on each knob of rice. If preferred, the rice can be shaped with a teaspoon instead of using a bag.

### Hollandaise Pudding

1 pint of milk.  
4 yolks of eggs.  
 $\frac{1}{2}$  oz. of gelatine.  
2 tablespoonfuls of mares-  
quino.

4 macaroons.  
1 oz. of castor sugar.  
4 ozs. of preserved fruits.

Soak the gelatine in a little milk. Place the remainder of milk and yolks in a stewpan and whisk the mixture over the fire until it gets thoroughly hot but not to boil; take it off the fire, stir in the gelatine until melted, add sugar to taste, strain it and let it cool, stirring it frequently to prevent the gelatine settling at the bottom. Add the maresquino when it is slightly cool. Cut the macaroons into two or three pieces, also the fruits, and place some at the bottom of a plain mould, then pour in gently some of the custard mixture; when it is set enough for another portion of fruit to be put in without sinking, add it and more biscuit, then custard, and continue thus until all is used. Let it remain in a cold place for at least half an hour until thoroughly set. Turn out on to a dish.

Less expensive flavouring can be used if preferred, as orange flower water, or vanilla.

## Crème à la Regence

1 bottle of preserved apricots.	4 or 5 macaroons.
1½ gills of milk.	Sugar if necessary.
1 gill of cream.	Maresquino.
½ oz. of gelatine.	8 or 9 pistachio nuts.

Reserve nine halves of the apricots, the remainder pass through a sieve, there should be half a pint of the pulp. Soak the gelatine in some water, drain it from the water and put it with the milk on the fire to dissolve, then strain the milk to the pulp, add sugar if required. Whip the cream, stir half of it into the jelly, stir it occasionally until it begins to stiffen, then pour a little in a plain mould, cut the macaroons into quarters, pour a little maresquino over them, put about one fourth of them in the mould, then more jelly, let it stand for a few minutes until it is nearly set, continue putting the macaroons and jelly till the mould is full. Let it remain for about one hour. Turn the jelly out on to a dish. Skin the remaining apricots, squeeze the cream through a bag with a rose pipe to fill the inside of them. Pipe the edge of the jelly with the cream. Chop the pistachios and sprinkle some on the cream, on the apricots, and on the edge of jelly, stand one of the apricots in the centre of the jelly and the remainder round.

## Caramel Cream

3 yolks of eggs.	¾ oz. of gelatine.
1 pint of milk.	6 ozs. of castor sugar.
½ pint of cream.	1 lemon.

Place the sugar in a stewpan with the lemon juice and stir gently over the fire until it acquires a brown colour, then pour in part of the milk and let it come slowly to the boiling point, when all the caramel will become dissolved. Beat the yolks with the remainder of the milk, pour the hot milk in with them, stirring meanwhile, then turn it back into the pan and stir over the fire for about two minutes, taking care that it does not boil. Mix the gelatine, which has been previously soaked in a little water, in the hot mixture until it dissolves, then strain it into a pan, let it cool, stirring occasionally to prevent the gelatine from sinking. When it begins to thicken stir in the cream which has been whipped. Turn it into a mould and let it stand in a cool place until quite set.

## CHAPTER XVI

### ICES

VARIOUS freezing machines are in the market, some of these have an apparatus inside which stirs the mixture while the pot is being turned. The simplest, which requires stirring, consists of a pewter freezing pot, a wooden pail, and a spatula, this has the flat end of pewter.

To set the pail, place the pot with the cover on in the pail, put in a layer of broken ice, then sprinkle some freezing salt over, at least one-third salt to ice, more salt can be added if water ices are to be made. Pack the ice down tightly with the wooden end of the spatula, put in more ice and salt up to within three or four inches from the top. The ice should reach the level of the mixture in the pot.

Wipe the top of the pot quite free from salt, then press a house flannel round, over the ice to be quite free from the edge of cover. This keeps the air from the ice, it will not melt so quickly.

When the mixture to be frozen is quite cold, pour it into the pot, replace the cover, and holding the handle of the cover keep switching it round; occasionally take off the lid, and well break up and stir the mixture with the spatula. Cover and turn again until it becomes frozen. The more it is stirred the more creamy and smooth in texture it will become. When frozen sufficiently, draw off some of the water from the hole in the side of the pail, cork it again, and if the ice has melted, add more ice and salt, pack tightly. Cover over the top with flannel and cloth, or a piece of old carpet, to keep out the air and leave till required.

Avoid using too much sugar, as this prevents ices from freezing properly. If ices are not served in little glass plates, dish up on a serviette; they will not melt so quickly as on the dish.

If the mixture is to be moulded, do not freeze it too firmly, but similarly to a very stiff batter.

The moulds are usually of pewter with covers. Well pack the ice into the mould, cover over the top with a well-buttered paper, the plain side to the ice, the end of this to come over the edge of the mould. This is to prevent salt penetrating into the ice. Press on the cover; a little lard pressed round the edge of the cover will also prevent any salt penetrating into the ice. After drawing the water from the pail, take out the freezing pot, place the mould in the ice, well covering it all round. Cover over the top with flannel or cloth, or a piece of carpet, and leave for one and a half to two hours.

To turn out, take off the cover and paper, dip the mould into cold water and it will easily slip out.

Soufflés and Mousses Glacés are creamy mixtures, sometimes partly frozen, but often just placed in small paper or china cases; these have a band of plain stiff paper fastened round and reaching an inch or more above the moulds. They are then placed in an ice-cave to freeze, from two to three hours.

An ice-cave is a box-like arrangement with metal lining, having double walls and top, the space between these is filled with broken ice and salt. Ices if turned out can be kept frozen for hours in these caves.

### Vanilla Ice Cream No. I

1½ pints of milk.  
1 oz. of flour.  
1 or 2 gills of cream.  
2 eggs.

{	Sugar to sweeten.
	1 tablespoonful of vanilla essence.
	1 inch of vanilla pod.

Mix the flour smoothly with a little milk. Cut the pod into pieces, add to the remainder of the milk and scald, then pour it on to the flour, stirring well at the same time, turn it back into the pan, stir until it boils, and cook gently for ten minutes, stirring frequently. Add the sugar and yolks of the eggs, stir for one minute without letting it boil. Strain, and let it cool. Whip the cream, also the whites of the eggs, to a stiff froth; when the mixture is cool add these with the vanilla flavouring. Pour into the pot and freeze as directed in the notes.

## Vanilla Ice Cream No. II (Economical)

1 tablespoonful of cornflour.	Sugar to sweeten.
1 $\frac{1}{2}$ pints of milk.	Lemon rind.
2 eggs.	Dessertspoonful of vanilla.

Mix the cornflour with some of the milk, scald the remainder, add to the cornflour, stirring well. Turn it back into the stewpan, with the rind of a quarter of a lemon peeled very thinly. Stir until it boils, cook it slowly for eight minutes. Add the sugar and yolks of eggs mixed with a little milk, stir for a minute, then strain and cool. Whip the whites of eggs stiffly and stir in with the vanilla flavouring. Freeze.

It will be improved with a little cream added.

## Strawberry Ice Cream

$\frac{1}{2}$ lb. of strawberries.	Sugar to sweeten.
2 eggs.	Juice of $\frac{1}{2}$ lemon.
1 pint of milk.	Carmine.
1 or 2 gills of cream.	

Mix the yolks and the milk and whisk over the fire until heated, but do not allow it to boil. Strain and let it cool. Pick, and dip the strawberries into cold water to take off the dust. Pass them through a fine sieve, adding about four ounces of sugar. Mix the pulp with the custard, and when quite cold, add lemon juice to flavour. Whip the cream, also the whites of the eggs, stiffly. Mix gently into the strawberries and colour if necessary with carmine.

Strawberry jam may be used for this ice when fresh strawberries are expensive. No sugar and more lemon juice will be needed.

Other fruit ices may be prepared in a similar manner.

## Pineapple Ice Cream

1 tin of pineapple.	1 pint of milk.
2 eggs.	1 or 2 gills of cream.
Dessertspoonful of cornflour.	Lemon juice.

Cook cornflour, milk and two or three strips of lemon rind similarly to Vanilla Ice Cream. Add the yolks of the eggs mixed with some of the juice. Stir for one minute over the fire. Strain and cool. Add the juice of half a

lemon, the remainder of the pineapple syrup, and sweeten if necessary. Whip the cream, also the whites of the eggs, stiffly, stir lightly into the mixture. Partly freeze the mixture, then add three or four tablespoonfuls of pineapple cut into small dice. Finish freezing.

### Ice Pudding

2 whole and 2 yolks of egg.	4 ozs. of preserved fruits.
1 pint of milk.	$\frac{1}{2}$ oz. of pistachios.
$\frac{1}{2}$ pint of thick cream.	1 tablespoonful of vanilla.
1 tablespoonful of flour.	Castor sugar to sweeten, about
2 tablespoonfuls of mares- quino, kirsch, or brandy.	4 or 5 ozs.

Make a custard similar to Vanilla Ice Cream, add sugar. When cold add whipped whites of eggs, whipped cream and vanilla. Freeze until of the consistency of very thick batter. Cut the fruit, as preserved greengages, apricots, and pears, into dice. Cut glacé cherries into halves, blanch, skin, and shred pistachios. The fruit is better if steeped in a little brandy. Mix in the liqueur, then stir in the fruit. Fill a mould as in notes on Ices, and bury in ice for two hours.

If preferred, a layer of ice cream may be placed in the mould, then a layer of fruit, then cream, until the mould is full.

### Lemon Water Ice

1 $\frac{1}{2}$ pints of water.	$\frac{3}{4}$ lb. of loaf sugar.
1 $\frac{1}{2}$ teacupfuls of lemon juice (5 to 6 lemons).	

Wash the lemons and rub the sugar on four of them to take off the outer rind. Place sugar and water in a stewpan and boil gently for twenty minutes. Skin, add the lemon juice and strain. When quite cold, freeze.

Use a little extra salt when freezing (see notes).

### Raspberry Water Ice

2 lbs. of raspberries.	Lemon juice.
1 pint of water.	About $\frac{1}{2}$ lb. of white sugar.

Boil the sugar and water together for ten minutes, skin, and strain. When cold add the raspberries, mashed well in the syrup. Pour into a strong cloth or tammy,

and squeeze as dry as possible. Add lemon juice to well flavour, and cochineal to colour, if necessary. Freeze.

About one pound of red currants may be added to the water instead of all, or some of the lemon juice.

A large number of water ices may be made in a similar manner to the preceding recipes, using different flavourings or fruit juices.

### Small Soufflés à la Milan

3 eggs.  
 $\frac{1}{2}$  pint of wine jelly.  
 $\frac{1}{2}$  pint of cream.  
 4 ozs. of castor sugar.

2 lemons.  
 1 teaspoonful of vanilla.  
 3 macaroons.

Finely grate the rinds of the lemons, add to the yolks of eggs and sugar in a basin, stand the latter over a saucepan half full of boiling water, stir until the contents become warm and thick, take it off the fire, stir until cool, add the lemon juice by degrees, stirring at the same time. Whip the cream and add with the vanilla. Beat up the whites of eggs stiffly, and lightly stir in. Melt the jelly, whisk until it is very frothy and stiff, then gently stir it into the mixture, standing the latter on ice. When it begins to set, take small paper or china cases, that have paper bands fastened round them, fill up to the top of the paper with the mixture, and place in a prepared ice-cave for two or three hours. When about to serve, sprinkle the macaroons crushed over the tops. Take off the paper bands, and serve on a dish, with a serviette or lace paper under them.

### Strawberry Soufflés Glacées

$1\frac{1}{2}$  lbs. of strawberries.  
 1 gill of milk.  
 2 eggs.

Sugar to sweeten.  
 1 or 2 gills of cream.  
 Lemon juice.

Pick the strawberries and lay them on a dish with about six ounces of castor sugar and leave for half an hour. Whip the yolks and milk over the fire to thicken but not to boil, strain, and cool.

Pass the strawberries through a fine sieve, mix with the custard, flavour with lemon juice, and, if necessary, add more sugar and cochineal to colour—a bright pink.

Whip stiffly the whites of eggs, also the cream, and stir them lightly into the mixture. Fill one large or several small soufflé cases, each having a band of white paper round, reaching an inch above the moulds. Place them in a prepared ice-cave for two hours before they are required. Take off the papers and serve.

### Small Soufflés of Apricot

$\frac{1}{2}$ pint of wine jelly.	6 sweet almonds.
$\frac{1}{2}$ pint of cream.	
Tin of apricots.	
	Lemon juice.

Strain and pass the apricots through a hair sieve. Melt the jelly and whip until very frothy and thick. Whip the cream and stir it with the jelly, add the apricot pulp, and the almonds finely chopped. Add sufficient lemon juice to flavour. Stir the mixture on ice until it begins to set. Fill cases as in preceding recipe, and place in a prepared ice-cave for two or three hours.

### Sorbet à la Romaine

1 lb. of loaf sugar.	1 glass of rum.
1 pint of water.	
3 lemons.	
	1 glass of champagne.

#### *For the Italian Meringue*

2 whites of eggs.	$\frac{1}{2}$ gill of water.
4 ozs. of castor sugar.	

Rub the sugar on the lemons to take off the yellow rind. Place sugar and water in a pan and boil, skim, set to cool. Add the strained juice from the lemons and the rum. Partly freeze, then add the champagne about one hour before serving, well mix it in. For the meringue put water and sugar on to boil, skim and pour it by degrees in the stiffly whipped whites of eggs, stirring at the same time. Well mix in the ice with the spatula, and fill little cups or custard glasses. Serve.

Sorbets are served just after the roast, before the second course.

### Sorbet à la Princesse

Similar ingredients and method as in the preceding recipe, using kirschwasser instead of rum.

## CHAPTER XVII

# BREAD, YEAST MIXTURES, AND BAKING POWDERS

THE usual method of making bread is to ferment dough with yeast ; the latter acts upon certain constituents in the flour, ultimately producing a gas which permeates the dough. The dough is placed in a very hot oven, the heat kills the yeast plant, the gas expands with the heat, still raising the dough. The loaf is set in shape, and when finally cooked and the gas all escaped, will be found to be light and full of tiny holes.

Certain factors hasten or delay these changes. A moist, warm medium being most favourable to the growth of yeast, the water should be just lukewarm ; then a good flour, containing a fair percentage of gluten—about eight per cent.—is necessary. This gluten is the proteid in flour ; when well mixed with water it forms a viscid elastic substance, hence it is necessary to well knead dough to make it more springy, so that when the gas is generated in it, it will expand and take the form of a sponge, and thus prevent the gas from escaping. The bread must be put into a very hot oven at first, 340° F., so that the yeast plant is killed quickly. If this be not accomplished soon, the loaf may go on spreading in the oven, and, if not sour in taste, will not be of such a good flavour.

Plenty of salt in dough is said to strengthen the gluten, give a good flavour to the bread, and keep it moist for a longer time, but it rather retards the working of the yeast.

Potatoes are often used in the sponge for making bread, the starch in them being favourable for the yeast to work upon. Most people approve of the flavour of bread made with the addition of potatoes.

Flour may also be made into a light loaf by using baking powder to produce the gas. This is a much quicker process, but the bread is not so universally liked as when made with yeast, for, when yeast is used, other changes take place in the dough besides the production of the gas, that seem to give bread the characteristic flavour that does not tire the palate.

*Flour*.—A good flour looks white or creamy in colour, it has a slight pure smell, free from any mouldy odour. It must not feel gritty.

When a handful is squeezed lightly, then released, it should retain the impress of the hand.

Seconds flour contains more of the outer layers of the grain of wheat, it is of a creamy colour, does not make such a white loaf, but provides more nourishment than the very white kinds.

It would not be so soft to the touch, and not keep the impress so plainly after being squeezed in the hand.

*Yeast* is a fungoid growth, a microscopic plant capable of starting a fermentation in various substances.

It grows rapidly in a favourable medium, as when mixed with flour and water, and kept in a warm place, resulting in setting up fermentation.

It is similar in its action to certain spores or germs found in the air, as instanced in the making of leaven. In a simple leaven potatoes, sugar, flour, and water are mixed, left until the air acts upon it and starts fermentation. A portion of this can be used with fresh flour and water to make bread.

If prepared or German yeast can be obtained, home made yeast or leaven is seldom used, for during the long time it has to stand the action of other germs from the air may render it impure or spoil the flavour of the bread.

Bread can be made with varying quantities of yeast, the latter must not be increased in the same proportion as the flour. Three pounds of flour can be used with one ounce of yeast, but if using a stone (fourteen pounds) of flour, two to three ounces of yeast will be sufficient. The dough made with the smaller quantity of yeast kept at a temperature of 55°–60° F. for twelve to fourteen hours (as when the sponge is set overnight and baked the next morning), will often produce a better flavoured loaf, than one made with more yeast in a shorter time.

German, or prepared, yeast, if obtained fresh is very reliable to use. It looks somewhat like putty, it should not be dark, nor a brownish colour, nor dry and crumbly.

If to be kept a short time place it in a basin or jar, cover with cold water and keep in a cold place. If yeast or leaven must be made at home, without any yeast to start it, the following one given is a well-tried recipe.

*Baking powders* are composed of an acid and an alkali. There are several kinds used, the most ordinary being tartaric acid and bi-carbonate of soda. Some kind of flour is usually added to keep them dry and free from lumps.

When the mixture containing the baking powder is moistened the acid and alkali chemically combine and alter, a gas being generated. If the article be soon placed in great heat, the gas is warmed, expands, and in its endeavour to escape raises the mass. The heat sets the mixture in this raised condition, thus the cake or pudding is rendered light, easier to masticate, and digest.

Baking powders are used for two reasons. 1st. To supply a gas to take the place of ingredients, as when used in making bread, scones, etc. If flour, salt, and water were mixed and baked in a large loaf, it would be a hard, indigestible mass. If baking-powder be mixed in with similar ingredients and baked, the result would be a light vesiculated loaf, easy to masticate, and digest.

2nd. It is used to save labour. When a richer mixture be made it requires to be well beaten to mix in air. Baking powder is often added to save some of the, otherwise, necessary beating.

*General Rules.*—Mix baking powder with the other dry ingredients before adding the liquid. Do not add the moisture until the oven is quite hot. Then mix quickly and place it in the oven as soon as possible, in order to gain the full advantage of the gas.

The acid in sour milk and butter milk, with bi-carbonate of soda, will give out the necessary gas; the result is excellent. If either of the former are used, the soda must be substituted for baking powder, otherwise the cake will taste of the acid.

*Prepared flour* (p. 384) is a somewhat similar mixture to baking powder; in it, usually, cream of tartar is used

instead of tartaric acid. The chemical action after moistening is slightly different. Cream of tartar is only about half the strength of tartaric acid, it is therefore necessary to use twice as much, at least, of prepared flour if used in place of baking powder. It is more successfully used in making small cakes, scones, bread, etc.

An excellent recipe is given for prepared flour, or a very good one can be purchased called Paisley flour, sold by Brown and Polson.

### Home-made Yeast

8 ozs. of flour.	2 lbs. of mashed potatoes.
4 ozs. of Demerara sugar.	1 tablespoonful of salt.
1½ ozs. of hops.	2 quarts of cold water.

Boil the water and hops gently for one hour, strain, let the liquor cool to blood heat. Mix in the salt, sugar, and flour, beat it well; stand it near the fire covered over for two days; stirring occasionally. Mix in the mashed potatoes. Stand for one day; then mix well and strain. Keep it in a bottle corked.

It must be well shaken before using. For bread, use about half a pint of this yeast to three pounds of flour. Allow plenty of time for the dough to rise.

It will keep good for two months.

When making a fresh quantity, a little of the old leaven should be mixed with it, it will be ready quicker to use.

### Baking Powder

4 ozs. of ground rice.	1½ ozs. of tartaric acid.
2 ozs. of bi-carbonate of soda.	

Well crush and mix these ingredients, pass two or three times through a hair sieve. Keep in an air-tight tin or bottle. For cakes and pastry use in the proportion of one teaspoonful of powder to each pound of flour.

For bread or scones two teaspoonfuls to one pound of flour.

### Prepared Flour

2 ozs. of cream of tartar.	1 oz. of flour.
1 oz. of bi-carbonate soda.	

Prepare and keep as for baking powder.

For scones and bread use one ounce to a pound of flour.

If substituted for baking powder, twice the quantity of prepared flour should be used.

## Household Bread

1 quartern of flour ( $3\frac{1}{2}$ lbs.).	1 dessertspoonful of sugar.
1 oz. of German yeast.	Tepid water.
1 large dessertspoonful of salt.	

Place the flour in a pan and make a hole in the centre. Mix the yeast with the sugar, add a pint and a half of tepid water and pour it in the hole in the flour, stir sufficient of the flour with it to form a thick batter, sprinkle some of the flour on the top; cover over with a cloth and set in a warm place for half an hour, when it should be full of gas bubbles. Add the salt and more water, if necessary, to mix to a dough, knead it well (about twenty minutes), it will then leave the side of the pan quite clean. Cover it over and keep it out of a draught until it has well risen, from two and a half to three and a half hours. Cut it into three portions, shape into loaves, using some flour, working the dough as little as possible; set them on a floured or greased tin and stand in a warm place for twenty minutes, then place them in a very hot oven, quite  $340^{\circ}$  Fahr., for twenty minutes, then reduce the heat. Time required for baking from one hour to one and a half, according to the shape of the loaves.

It is a great improvement if one ounce of fat or a little oil be mixed with the flour. Allow the bread to cool in the kitchen, for it tends to become heavy if taken to a cold place before the steam has escaped. Milk is substituted for water for milk bread.

## Brown Bread

2 lbs. of wholemeal flour.	1 dessertspoonful of salt.
1 lb. of white flour.	1 teaspoonful of sugar.
1 oz. of German yeast.	Tepid water.
1 oz. of butter or lard.	

Rub the fat into the flour and proceed as for white bread. Brown bread is better when baked in small loaves, as a mass of wholemeal is a bad conductor of heat, and the crust gets rather dry before the interior is well cooked.

Two tablespoonfuls of salad oil can be used instead of the butter.

## Dough Cake

- |                                 |                      |
|---------------------------------|----------------------|
| 1 lb. of dough.                 | 1 oz. of mixed peel. |
| 2 ozs. of dripping or lard.     | 2 eggs.              |
| 2 ozs. of brown sugar.          | Grated nutmeg.       |
| 4 ozs. of currants or sultanas. |                      |

Make one pound of bread dough, place it in a pan, warm the fat and pour in, stirring with a knife ; then add the beaten eggs, sugar, spice, and fruit. Stir only sufficiently to well mix in the ingredients, then place it in two tins that have been lined with greased paper ; leave them in a warm place until they rise up to double the size. Bake them in rather a hot oven for about three-quarters of an hour. Dough may be bought from the baker.

## Yorkshire Tea Cakes

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1 $\frac{1}{2}$ lbs. of flour. | $\frac{1}{2}$ teaspoonful of salt. |
| 3 ozs. of butter or lard.      | 1 egg.                             |
| 3 ozs. of sugar.               | 3 gills of tepid milk.             |
| 1 oz. of German yeast.         |                                    |

Rub the fat into the flour and add the salt and sugar. Cream the yeast with a little sugar, add the milk, or milk and water, and the beaten egg, pour into the centre of the flour, stir in sufficient flour to form a thick batter, sprinkle flour on the top, cover, and set to rise for half an hour. Beat it well, then set again to rise for about two hours. Divide it into ten portions on a floured board, make these into smooth balls, then flatten each with a rolling-pin. Place on a floured baking-sheet and set to rise for ten minutes. Bake them from fifteen to twenty minutes in a very hot oven. Just before they are finished cooking brush them over with egg and milk mixed.

## Muffins

- |                                |  |
|--------------------------------|--|
| 1 $\frac{1}{4}$ lbs. of flour. | 3 gills of milk and water mixed.                   |
| 1 oz. of German yeast.         | $\frac{1}{2}$ teaspoonful of bi-carbonate of soda. |
| $\frac{1}{2}$ oz. of butter.   | 1 teaspoonful of castor sugar.                     |
| $\frac{1}{2}$ oz. of salt.     |  |
| 1 egg.                         |  |

Rub the butter into the flour, add salt ; mix the yeast with the sugar, add to it the milk and water made just

lukewarm, make a hole in the flour, pour in the egg well beaten, and stir with a wooden spoon while adding the yeast mixture, well beat it for five minutes. Cover it over, and leave to rise for about two hours. When well risen, add the soda and beat for two or three minutes, let it stand for half an hour. Cut it into small portions, form them into rounds on a well-floured board ; then cover them over and stand the board on the fender for twenty minutes. Slightly grease the girdle pan and muffin rings, lay the latter on the pan on the stove to heat, place the muffins in the rings and allow them to cook gently. In about four minutes if they are slightly coloured and well risen, turn them over, slightly colour the other side ; in eight or ten minutes, according to the thickness, they will be cooked.

When ready to use, tear them open with two forks, toast them on both sides, well butter and cut across into four ; serve in a hot covered dish, for tea.

### Crumpets

1 lb. of flour.	½ teaspoonful of bi-carbonate
1 oz. of German yeast.	of soda.
½ oz. of salt.	3 gills of milk and water, mixed.

The method similar to muffins. The mixture should be thin enough to pour. When ready to cook, grease and warm the girdle pan and muffin rings, pour a tablespoonful of the mixture into the rings, let the crumpets cook gently until they appear full of gas bubbles on top and are slightly coloured underneath, then turn them over to cook the other side. They take about five or six minutes to cook. When ready to use, toast them slightly on both sides, well butter them, cut across, and serve in a very hot covered dish, for tea.

### Queen's Bread

2 lbs. of Vienna flour.	1½ teaspoonfuls of salt.
1 oz. of German yeast.	½ pint of milk.
3 ozs. of butter.	½ pint of water.
1 oz. of castor sugar.	1 egg.

Mix the yeast with the water and milk made lukewarm, add the egg beaten, and some of the flour to stir

to a batter, cover over and set to rise for about one hour. Rub the butter into the remainder of the flour, mix in the salt and sugar, add to the sponge, then finish off as for other bread, making it into shapes as horseshoes, twists, plaits, etc.

For the horseshoes, a piece of the dough should be rolled out about the size of a cheese plate, then rolled over pressing the centre a little so that it is not much thicker than the ends ; for the plait, cut three small pieces, roll them with the hands on a board without flour, when long enough, lay the pieces on each other and plait loosely from the centre, pinching the ends together, then plait the other end in a similar manner. For a twist, cut two pieces, roll and twist over each other ; other shapes, such as knots, S's, and cottages, can be made.

## Vienna Bread

3 lbs. of Vienna flour.  
1 oz. of butter.  
1 oz. of German yeast.  
 $\frac{1}{2}$  oz. of salt.

1 oz. of castor sugar.  
3 gills of milk.  
3 gills of water.  
Level teaspoonful of cornflour.

Stir the yeast with the sugar, add the milk and water made lukewarm, stir in sufficient of the flour to make a batter, sprinkle dry flour over the top and cover with a thick cloth, set in a warm place to rise ; time, about half an hour. Rub the butter into the remainder of the flour, add the salt, mix with the sponge, add more liquid or flour if required. Knead it well for twenty minutes. Cover the pan with two or three cloths, and set again to rise for about two or three hours. When well risen turn the dough on to a floured board, cut into four portions, keep the dough covered as much as possible with a cloth, taking one piece at the time from under the cloth to shape. Make two of the portions into shapes, or make into small balls and place them in two greased tins, cut two or three slits across the tops, set to rise again covered over. The remaining portions cut to make about ten or twelve small rolls, set to rise. Mix the cornflour with a gill of water and stir over the fire until it boils ; let it cool, and brush over the bread and rolls with this mixture just before

putting them into the oven. Bake the bread similarly to household bread; the small rolls take about twenty minutes to bake, larger ones three-quarters of an hour.

## Dough Nuts

1 lb. of flour.  
1 oz. of German yeast.  
1 oz. of butter.  
1 oz. of castor sugar.  
 $\frac{3}{4}$  pint of tepid milk.

Salt.  
Jam.  
Clean frying fat.  
1 egg.

Rub the butter into the flour, add the sugar and salt, mix the yeast with the milk, and pour into the flour, making rather a stiff dough; knead it thoroughly, then cover over with a cloth, and set to rise in a warm place from two to three hours. When well risen, divide it into small portions upon a floured board, flatten each a little. Put a small quantity of stiff jam upon each, join the dough securely over the jam. Place them upon a floured tin in a warm place to rise for ten minutes, then put three or four into a pan containing sufficient hot fat in which to fry them, allowing plenty of room to swell. Turn them, in order to colour all over the same; fry from three to five minutes, according to the size. Drain them well from the fat, and sprinkle sugar over them while they are hot.

## Sally Lunns

1 lb. of Vienna flour.  
2 ozs. of butter.  
1 oz. of yeast.  
1 oz. of sugar.

1 egg and 1 yolk.  
 $\frac{1}{2}$  teaspoonful of salt.  
 $\frac{1}{2}$  pint of tepid milk.

Set a sponge as for tea cakes with half a pound of flour, the eggs, yeast, and milk. Rub the butter into the remainder of the flour, add sugar and salt, then mix with the sponge when it has well risen. Beat it well, and let it rise for one and a half hours. Line some cake rings or tins with greased paper, place some of the mixture in them about two inches deep, set to rise again for about one hour. Brush over the tops with a little warmed butter, and bake in a quick oven for about twenty minutes. These are usually cut open, toasted, and buttered.

## Hot Cross Buns

1 b. of flour.  
2 ozs. of butter.  
2 ozs. of sugar.  
1 oz. of German yeast.  
3 ozs. of currants.

Spice.  
1 egg.  
 $\frac{1}{2}$  pint of milk.  
 $\frac{1}{4}$  teaspoonful of salt.

Rub the butter into the flour, mix in the spice, sugar, and salt. Cream the yeast with a little sugar, add the milk lukewarm, and the egg; mix with the flour and beat it well. Cover over and set in a warm place for about three hours until it has well risen, then stir in the currants. Turn out the dough on to a floured board, divide into twelve portions, make into smooth balls, and place them on a greased baking-sheet three inches apart. Leave in a warm place to rise for fifteen minutes, then press a cross deeply on each bun with the back of a knife dipped in flour. Place in rather a hot oven to bake for twenty minutes. Five minutes before they are finished brush them over with the following mixture:—Equal quantities of beaten egg, milk, and treacle.

## Scotch Bun

3 lbs. of flour.  
2 lbs. of currants.  
2 lbs. of raisins.  
1 lb. of Demerara sugar.  
1 lb. of butter.  
 $\frac{1}{2}$  lb. of mixed peel.  
 $\frac{1}{2}$  lb. of chopped apples.

$\frac{1}{4}$  lb. of almonds.  
 $\frac{1}{2}$  teaspoonful of cinnamon.  
 $\frac{1}{2}$  teaspoonful of cloves.  
 $\frac{1}{2}$  teaspoonful of nutmeg.  
1 oz. of German yeast.  
 $\frac{1}{2}$  oz. of salt.

Make a stiff dough in the evening with yeast, flour, salt, and luke-warm water to mix. In the morning, when the dough has well risen, work in the butter that has been beaten to a soft consistency, then divide the dough. Into one half carefully mix in the fruit cleaned, peel, and almonds cut up, sugar, and spices; set covered over. With the remainder of the dough, roll out pieces to line two cake tins, previously lined with greased paper, and two pieces to cover the tops. Place the fruit mixture half into each tin, wet the edge of the dough and place the covers on top, well prick through the covers with a fork or skewer. Set it covered over for one hour. Then cover the tops with

a piece of white greased paper and place the tins in a steamer, and steam for one hour, then bake in a hot oven at first; gradually slacken the heat to prevent burning. Time to bake from two to two and a half hours. If cooked in one tin bake from three to four hours.

If the dough be bought ready from the bakers, four pounds will be required.

## Scotch Loaf

Dough as for Scotch bun.  
A third of the quantity of  
fruit, leaving out apples.

Half the quantity of butter or  
lard may be used.

Proceed as for Scotch Bun. Steaming for three-quarters of an hour, and baking for two to two and a half hours.

If preferred, the steaming may be dispensed with. It should then bake for three hours if in one tin.

## Brîoche

1 lb. of Vienna flour.  
9 ozs. of butter.  
1 oz. of castor sugar.  
7 eggs.

1 oz. of German yeast.  
 $\frac{1}{4}$  teaspoonful of salt.  
 $\frac{3}{4}$  gill of milk and water mixed.

Warm half of the milk and mix with the yeast, stir into it about a quarter of the flour, form it into a ball, cover the basin over and leave it to rise for about one hour. Beat the butter to a cream on a slab, or in a basin, with the hand gradually work in the flour, eggs, and the other ingredients; when mixed, add the sponge, and beat all together with the hand for about ten minutes. Well flour a cloth, place the paste in it and fold the cloth over, put in a basin, and leave in the larder out of a draught until the next morning (this is best made over-night). In the morning turn the paste on to a floured board and fold the outsides to the middle, about half a dozen times, using a little flour. Put it back into the basin, cover over with a cloth and leave in a warm place for about two hours.

If part of the paste is to be cooked in moulds, grease a plain Charlotte mould and a border mould, fasten a greased double band of paper round the moulds to reach, three inches above the tops. Cut a portion of the paste,

work it again on a floured board, place a portion in each mould, about three parts full, cover a cloth over the tops and leave them in a warm place for another hour or until the paste fills the mould. Bake them in a moderately hot oven; the border mould will take about thirty, the plain mould about forty-five minutes, allowing the oven to get slacker to prevent them browning too much.

When the remainder of the paste has well risen, turn it on to a floured board and make it into either one large brioche, or into a number of small ones.

The usual method for shaping brioches is to cut off about a fifth or sixth of the quantity and shape the larger piece into a ball, make a deep hole in the centre with the fingers, roll the remaining piece, tapering off to a point one end pear shape, push this thin end downwards into the larger piece, cut a few slits on the side and place on a baking sheet, cover over for a quarter of an hour, then brush them over with beaten egg and milk mixed, place in a moderately hot oven and cook according to size, from fifteen minutes to three-quarters of an hour if half the quantity of brioche is baked in one piece.

Six ounces of preserved fruits, such as greengages, apricots, cherries, angelica, and citron, cut into dice, may be mixed into the brioche while shaping them if preferred, when serving as a sweet.

## CHAPTER XVIII

### PASTRY

*Pastry.*—Most pastry is found to be a little difficult of digestion, chiefly on account of the amount of fat in it and the method of mixing. The fat so coats the grains of starch in the flour that the digestive juices cannot readily mix with them. All pastry requires to be kept cool while mixing, or, if it gets at all warm, it loses its cohesiveness, and becomes difficult to roll and shape.

The points to be remembered in making *Flaky Pastry* are—

Keep all the ingredients as cool as possible.

Rub the fat in with the tips of the fingers—these are cooler than the palms of the hands.

In warm weather mix the water in with a knife or a spoon.

Do not make it too soft or the pastry will be tough, neither too dry, as it will not rise to its fullest extent.

Dredge flour sparingly over and under it, to prevent it from sticking to the board or rolling-pin.

Spread the fat over with a knife, but do not drag or cut the paste with the knife.

Roll and fold it evenly.

Set it in a cool place for about ten minutes between the rolls.

*Short Pastry.*—In short paste the fat is all rubbed in at first. It should be mixed rather stiffly and worked as little as possible.

Roll it out once only.

All pastry requires to be placed into a hot oven, slightly hotter for flaky than short paste. The oven should register from 310° to 340° Fahr. The great heat will quickly cause

the starch grains to burst and absorb the fat, otherwise the pastry will be heavy.

Its lightness depends upon the quantity of fat used, also upon the amount of air enclosed in the paste.

In making puff or flaky paste, if it has been rolled and folded properly, and not allowed to stick to the board, nor cut so that air can pass through the layers, this air when heated in the oven expands and raises the paste in layers or puffs. The heat of the oven must be great enough to fix the pastry in this raised condition, and as cold air prevents this, the oven door must not be opened too soon, nor any more than necessary. Slamming the door must always be avoided, as this forces a current of cold air into the oven.

Short pastry should be handled, and rolled as little as possible. Air in this method is equally mixed throughout the paste, and when it expands in the oven raises the pastry in all directions.

A quick hand is usually a light one in making pastry.

*Butter* should not be crumbly, or have much water in it. A rancid smell or taste shows that some of the caseine or buttermilk has been left in, this occurs if the butter is not well washed when being made. The price of butter for making pastry varies from 1s. 2d. to 1s. 4d. per pound. Lard should be firm and white, free from moisture and practically free from smell.

The best lard is put up in bladders and sold at 8d. to 10d. per pound.

It will make light pastry.

*Dripping*, if any be left over from joints, must be clarified (p. 170), or if none available, rough fat may be bought from the butchers from 3d. to 4d. per pound, and rendered down (p. 169). This can be made for about 5d. or 6d. per pound. It is wholesome and good for making plain cakes, flaky, and short pastry.

## Flaky Pastry

8 ozs. of flour.

4 ozs. of lard or dripping.

Salt.

Water.

Place the flour in a basin with a pinch of salt. Divide the fat into four portions, rub one portion into the flour

and add sufficient water to mix to a paste, mix it smoothly and roll out to a long strip, spread a second portion of fat over it, fold it into five layers, press them together with the rolling-pin and let it remain in a cool place for five or ten minutes. Then roll it out the reverse way, spread another portion of fat over, fold it, let it stand for five minutes; repeat the rolling and folding until all the fat is used, then roll out to the required size.

### Short Pastry

6 ozs. of flour.	$\frac{1}{2}$ teaspoonful of baking powder.
3 ozs. of butter or dripping.	Salt.
1 oz. of castor sugar.	Water.

Rub the fat into the flour, mix in the dry ingredients, add sufficient water to mix to a stiff paste. Make it into a smooth ball, working it as little as possible. Roll out once only, and use; suitable for tarts and tartlets; without the sugar, for sausage roll and meat patties.

### Cornflour Pastry

5 ozs. of flour.	Level teaspoonful of baking
5 ozs. of cornflour.	powder.
4 ozs. of butter, or half butter	1 yolk of egg.
and half lard.	Large pinch of salt.
1 oz. of castor sugar.	Milk to mix.

Rub the butter in the two flours, mix in the other dry ingredients. Add the yolk of egg and sufficient milk to mix to a stiff paste. Roll out once only. Use for open tarts or tartlets.

### Rough Puff Pastry

8 ozs. of flour.	1 teaspoonful of lemon juice.
6 ozs. of butter, or part butter	Salt.
and lard.	Cold water.

Pass the flour through a sieve on to a slab, lay the butter on the flour and cut it into small thin pieces, make a bay in the centre, add the salt, lemon, and sufficient water to mix to a stiff paste, taking care not to warm the butter with the hand. Let it stand in a cool place ten minutes, then dredge it with flour and roll it out four times, folding

it into three layers each time, and turning it round to roll out the reverse way. This pastry is good for meat pies, tarts, etc.

### Puff Pastry

1 lb. of fresh butter.

1 lb. of fine flour.

Juice of 1 lemon.

Salt.

Cold water.

Sift the flour on to a slab. Press some of the moisture from the butter with a cloth, rub about one ounce into the flour, add the salt. Make a bay in the centre, strain in the lemon juice and add water to mix to a paste, mix it smoothly and pull it out to a square piece; press the butter into a smaller square, lay it upon the paste, then fold the paste over to entirely cover the butter. Sprinkle a little flour under and over the paste, and roll it from twelve to sixteen inches in length, keeping the sides as even as possible. Fold the paste over in three layers, press it together and set in a cool place for ten or fifteen minutes. Then roll it out the reverse way, using flour to prevent it from sticking, fold it into three layers, turn it round, roll out and fold again, then let it stand for fifteen minutes. Repeat this until the pastry has been rolled and folded six times.

Puff pastry requires a very hot oven for baking.

## CHAPTER XIX

### CAKES

THERE are four or five different methods employed in making cakes.

The method for rich cakes is to cream the butter and sugar, by beating them in a basin with a wooden spoon, until the mixture somewhat resembles cream. Add the eggs, beating well between each, then lightly stir in the flour. If a large number of eggs be used, add a table-spoonful of flour after every five eggs or if there be any signs of the mixture curdling.

For fruit cakes, the fruit is stirred lightly in at the last. A little flour mixed with the fruit will often prevent the latter from sinking to the bottom of the cake.

The second method is the one used for plain cakes; the fat is rubbed into the flour as for short paste, all the dry ingredients are mixed with it. If any eggs be used they must be well beaten before adding. Baking powder is employed to help to give the necessary lightness to the cake. As soon as possible after the ingredients are moistened, the cake should be put into a hot oven to warm the gas generated from the baking powder before it has had time to leave the cake.

A third method is to beat eggs and sugar together, adding flour last; used for sponge cakes. Another way is to separate the whites from the yolks of the eggs, beating them stiffly, and adding with the flour; used for sponge and other light cakes. A fifth method is to warm some of the ingredients together before adding to the flour; usually employed when treacle is used in a cake, as in gingerbread.

Get all ingredients ready before commencing the mixing. Arrange the damper for heating the oven.

Vienna or pastry flour makes the lightest cakes. Flour must be passed through a sieve, this introduces more air into it and removes lumps.

Fresh butter should be used. In winter it should stand in a warm place until softened, or, the basin can be warmed with hot water, wiped, and the butter cut into pieces, then creamed with a wooden spoon. Avoid oiling the butter or the cake will not be so light.

Eggs must be broken separately in a cup in case of one being bad. A doubtful egg might spoil the whole cake.

If whites are to be beaten separately, take care that no particle of yolk be with them, otherwise they will not become stiff.

Whipped whites are usually added at the last. As these are full of air bubbles care must be taken to mix them in lightly.

*Eggs, to judge.*—They should be heavy, rough, dull-looking shells, shiny eggs are not usually good. If held up to a strong light with the hand round it, the egg should look clear; or place in a bowl of water, if fresh it will lie on the bottom; the thick end gradually rises according to the time it has been kept, and when very stale or bad it will float on the surface.

*Currants.*—The best are plump, not stuck together, nor gritty, and have not many stalks. To clean them rub about a quarter of a pound at the time on a dry cloth with a teaspoonful of flour. This will loosen the stalks. When all are rubbed, wash them in a basin, lift out, drain on a colander, then drop a few at the time on a plate to listen for stones. Leave them to dry either on a sieve or a cloth.

*Sultanas* should be plump, bright, not shrivelled nor dry looking. They are washed similarly to currants; when drained, pick off the stalks.

*Raisins* should be fleshy, have bright skins, and when fresh the sugar in them has not dried in hard lumps. Cut open with a small knife, pick out the stones and place them on a damp cloth, rubbing the fingers at the same time. This will avoid wetting the fruit. Raisins are usually cut by squeezing a number together and cutting them across.

*Peel* should be soft, bright, and not have much sugar

inside. Take out the sugar and cut from the inside into strips, cut across the strips into pieces. The sugar from the inside may be used for bread puddings.

If milk be used in mixing cakes, butter milk or sour milk can usually be substituted advantageously, adding a little bi-carbonate of soda with part, or instead of the baking powder.

Baking powders are mixed in at the last when the method is by creaming, but for plain cakes it is well mixed in with the dry ingredients.

Cake tins are mostly lined with greased white paper. The grease can be clarified dripping, lard, or clarified butter.

*To clarify butter.*—Place it in a pan on the corner of the stove to melt; the salt, water, and any impurity in it will sink to the bottom. Skim it, and pour the oily butter into a jar, leaving the sediment behind.

If the tin be not papered, grease the inside, sprinkle some flour over this and shake out any loose flour.

For 'sponge cakes equal quantities of corn flour and castor sugar mixed and use to shake over the inside of the mould.

Place the mixture into the prepared tin and make a depression in the centre; the sides being raised higher, the result is the top of a rich cake is nearly flat and the centre cooks, without over cooking the sides.

For rich cakes the tins should be lined with three thicknesses of paper, and if very large, a double sheet of thick paper tied round the outside. If some sand, ash, or salt be laid an inch thick on the baking sheet under the cake it will prevent it from burning in a bottom heated oven.

Place the cake in the centre of the oven if possible. Do not move the cake until it has well risen.

Should the oven be too hot the top of the cake, if not burnt, sets and prevents it from rising, or the mixture forces its way through and spoils the appearance of the cake.

The heat of the oven for cakes and pastry must always be greatest at first, then the oven can get gradually cooler, so as to thoroughly cook them without burning.

The time required for cooking will be given with the different recipes ; but to make sure that a cake is done, a skewer should be run into the centre, drawn out and felt with the fingers, if at all damp it is not done. If cakes or pastry are not cooked enough they will be heavy in the underdone part.

If the cake will not turn out of the tin easily, rest it on its side, turning it round in a couple of minutes and it may loosen, if not, pass a knife round the edge, turn the cake over on a crumpled cloth, and let it stand a few minutes. Let all cakes cool in the kitchen. If taken into a cold place at once, the steam condenses on them and they are not so light.

## Notes on Icing

Everything used for icing must be spotlessly clean.

Icing sugar should be laid on white paper, crushed with a rolling-pin, and passed through a hair sieve with a spoon.

Lemon juice must be strained.

Eggs should be as fresh as possible.

Mix with a wooden spatula or spoon, kept for this purpose.

Use a round bottom basin, in which to mix the icing.

Well beat the icing to make it smooth, white, and stiff.

After mixing, never leave icing uncovered or it will become dry. Scrape it from the side of the basin and cover it with a damp cloth, which has been folded several times. It will then keep good for a week or more.

Directly pipes are taken out of the bag, empty and place in warm water.

If laid down during icing, place the point of the pipe under a damp cloth to prevent it from drying in the pipe.

Use special paper for the icing bag in preference to material ; if linen bags, wash immediately after use in warm plain water.

A rich cake improves by keeping for some weeks ; the flavour of the fruit and other ingredients blend during this time. It should be covered over with almond icing soon after baking, then one coat of royal icing laid on. This

will keep the richness in the cake, preventing it from getting dry. Finish the icing a day or two before required.

Each layer of icing should well dry before the next is put on the cake.

If there be no cake stand for large cakes and one is not required frequently, turn a mixing basin bottom uppermost, stand a plate, top side on the basin, and place the cake upon this; the plate can easily be turned round while icing. A cake stand can be purchased from 2s. 6d. each and upwards.

*For soft icing.*—Well mix, with a wooden spoon, the sugar and liquid in a bright or enamelled pan, on the stove until warm. Do not let it boil.

*Butter icing.*—Use the best fresh butter and after mixing, if it be too soft, leave it in a cool place to become firm.

## Milk Rolls

1 lb. of flour.  
1 oz. of prepared flour.  
1 oz. of butter.  
 $\frac{1}{2}$  teaspoonful of salt.

1 tablespoonful of sugar.  
1 egg.  
About  $\frac{1}{2}$  pint of milk.

Rub the butter into the flour, well mix in the prepared flour or two teaspoonfuls of baking powder, the sugar, and salt. Beat the egg, add it with sufficient milk to mix to a soft dough, working it as little as possible. Divide into about twelve portions, roll these into smooth balls. Brush the tops with milk and egg mixed. Cut the tops across twice. Put them upon a greased tin in a hot oven to bake from ten to fifteen minutes, keeping them of a pale brown colour. The sugar may be left out, if preferred.

## Sultana Scones

1 lb. of flour.  
2 ozs. of butter or lard.  
2 ozs. of castor sugar.  
2 ozs. of sultanas.

1 oz. of prepared flour or 2 ozs. of Paisley flour.  
1 egg.  
Salt.  
Milk, about  $\frac{1}{2}$  pint.

Rub the butter into the flour, then mix in all the dry ingredients, make a hole in the centre, pour in the egg, well beaten, and sufficient milk to mix to a soft dough. Divide it into four portions, flatten them with a rolling-pin on a

floured board, place on a slightly greased tin. Cut each across into four, and brush over lightly with beaten egg. Bake for about twenty minutes. The oven must be rather hot at first.

### Wholemeal Scones

$\frac{1}{2}$ lb. of wholemeal flour.	2 ozs. of sugar.
$\frac{1}{2}$ lb. of white flour.	1 oz. of prepared flour.
3 ozs. of butter or lard.	$\frac{1}{2}$ teaspoonful of salt.
3 ozs. of stoned raisins.	Milk.

Cut the raisins small. Rub the butter into the flour, add the raisins and the other dry ingredients, mix well, and make into a soft dough with milk. Divide into four portions, flatten them with a rolling-pin on a floured board. Place them on a greased baking-sheet. Brush them over with milk, and bake in a moderately hot oven from fifteen to twenty minutes.

### Girdle Scones

8 ozs. of flour.	$\frac{1}{2}$ teaspoonful of bi-carbonate of soda.
1 oz. of butter.	Salt.
1 oz. of castor sugar.	1 gill of buttermilk or sour milk.

Rub butter into the flour, add the salt, soda, and sugar, pour in sufficient milk to mix. Roll out on a floured board and cut into three-cornered pieces. Slightly grease a girdle, make it quite hot, lay the scones on and let them remain for about six minutes, then turn them over with a knife to cook the other side, keeping them a pale colour. Time to cook will be from ten to fifteen minutes, according to the thickness. If buttermilk or sour milk be not available, use a teaspoonful of cream of tartar and new milk.

### Drop Scones

8 ozs. of flour.	$\frac{1}{2}$ teaspoonful of salt.
2 ozs. of castor sugar.	1 egg.
$\frac{1}{2}$ teaspoonful of bi-carbonate of soda.	$\frac{1}{2}$ pint of buttermilk or sour milk.
$\frac{1}{2}$ teaspoonful of cream of tartar.	

Well mix the flour, soda, cream of tartar, and salt in a basin, pour the beaten egg in the centre of the flour, add the milk by degrees, mixing it smoothly. Make a girdle

hot on the stove, cover some suet in a piece of muslin and rub it all over the girdle. Drop spoonfuls of the mixture from the tip of a spoon on to the girdle, each a little distance apart, so that they do not run into each other, let them remain until they appear full of gas bubbles and slightly brown on the under side, turn them over with a knife and let them colour slightly on the other side. Lift them on to a wire to cool. Time to cook, from eight to ten minutes. Serve either hot or cold for tea.

If new milk be used instead of the buttermilk or sour milk, one teaspoonful of cream of tartar is necessary.

### Potato Girdle Scones

$\frac{3}{4}$ lb. of cold mashed potatoes.	1 teaspoonful of prepared flour.
2 ozs. of butter or lard.	$\frac{1}{4}$ teaspoonful of salt.
4 ozs. of flour.	1 egg.
1 oz. of castor sugar.	

Rub the fat into the flour, mix in the powder, sugar, and salt. Pass the potatoes through a sieve or masher, mix with the flour, add as much of the egg, well beaten, as required to bind together. Roll lightly the mixture on a floured board, and cut into shapes. Cover a piece of suet in a piece of muslin or thin cloth, rub it over a hot girdle, lay the scones on it and let them cook for about ten minutes, turning them over, and slightly colouring them on both sides. These are best eaten warm. A few currants can be added if liked.

### Plain Currant Cake

6 ozs. of flour.	$\frac{1}{2}$ oz. of peel.
2 ozs. of dripping or lard.	1 teaspoonful of prepared flour.
2 ozs. of castor sugar.	1 egg.
3 ozs. of currants.	Milk to mix.

Rub the fat finely into the flour, cut the peel into small pieces and add the other dry ingredients, thoroughly mix. Pour in the beaten egg and sufficient milk to mix, not too soft, when held up it should just drop from the spoon. Put the mixture into a cake tin that has been lined with greased paper. Place it in a moderately hot oven, and bake for about three-quarters of an hour, letting the oven get slacker while cooking.

## Plain Seed Cake

6 ozs. of flour.  
2 ozs. of dripping.  
2 ozs. of castor sugar.  
1 oz. of candied lemon peel.  
1 teaspoonful of caraway seeds.

Large teaspoonful of prepared flour.  
1 egg.  
Milk to mix.

Mix and bake in a similar manner to the Currant Cake. If a tablespoonful of marmalade be mixed with either this or the currant cake it is a great improvement, and helps to keep it from getting dry so quickly.

## Rock Cakes

12 ozs. of flour.  
3 ozs. of dripping.  
3 ozs. of brown sugar.  
3 ozs. of currants.  
1 oz. of peel.

2 teaspoonfuls of baking powder.  
1 egg.  
Nutmeg.  
Milk.

Rub the fat finely into the flour, wash, and dry the currants, mix all the dry ingredients together in a basin, add the egg well beaten, and sufficient milk to mix to rather a stiff dough. Put on to a greased tin in rough heaps. Bake in a moderate oven, if divided into twelve, for half an hour.

## Seed Rock Cakes

Take the above ingredients, substituting a teaspoonful of caraway seeds for the currants, and lemon rind grated.

## Chocolate Rock Cakes

Take similar ingredients to Rock Cakes, leaving out the currants and peel, adding a dessertspoonful of cocoa and one ounce of citron peel. Flavour with vanilla.

## Spice Buns

10 ozs. of flour.  
4 ozs. of dripping.  
4 ozs. of brown sugar.  
 $\frac{1}{2}$  oz. of prepared flour or

$1\frac{1}{2}$  teaspoonfuls of baking powder.  
 $\frac{1}{2}$  teaspoonful of mixed spice.  
1 egg.  
Milk.

Proceed the same as for Rice Buns ; put on to a greased tin, brush with a little milk and sprinkle some coarse white

sugar over. Bake for fifteen minutes in a moderately hot oven.

### Vinegar Cakes (without eggs)

8 ozs. of flour.	1 oz. of mixed peel.
3 ozs. of Demerara sugar.	Small teaspoonful of bi-carbonate of soda.
4 ozs. of lard or dripping.	1 tablespoonful of vinegar.
3 ozs. of stoned raisins.	1 gill of milk.
3 ozs. of currants.	

Clean the currants, chop the peel and raisins, rub the fat into the flour, mix in all the dry ingredients except the soda. Stir the soda with the milk in a half-pint basin, add the vinegar, stir and quickly pour in and mix the cake. Place it in equal quantities in twelve greased tartlet tins and bake in a hot oven from twenty to twenty-five minutes, or in one paper-lined tin for about one and a quarter hours.

### Plum Cake No. I

8 ozs. of flour.	1 oz. of peel.
4 ozs. of lard or dripping.	2 teaspoonfuls of prepared flour.
3 ozs. of castor sugar.	1 egg.
3 ozs. of currants.	Grated nutmeg.
3 ozs. of sultanas.	Milk to mix.

Clean the currants and sultanas, cut the peel into pieces, and grate about a quarter of a teaspoonful of nutmeg, well beat the egg. Rub the fat into the flour, well mix in all the dry ingredients, pour in the egg and sufficient milk to just bind together. Turn it into a tin lined with greased paper. Bake it in a moderate oven for about one and a quarter hours.

### Plum Cake No. II

8 ozs. of flour.	1 oz. of mixed peel.
5 ozs. of butter or lard	1 oz. of almonds.
4 ozs. of castor sugar.	1½ teaspoonfuls of prepared flour.
4 ozs. of stoned raisins.	2 eggs.
6 ozs. of currants.	Nutmeg and cinnamon.

Clean the fruit, cut up the peel, skin the almonds and roughly chop them. Beat well the fat and sugar in a basin, add the eggs and flour, alternately stirring well between each, put in saltspoonful of each of the spices,

add the prepared flour, mix well, lastly stir in the fruit. Turn it into two cake tins lined with greased paper and bake for three-quarters to one hour, or in one tin and bake for one and a half hours.

### Raisin Loaf

8 ozs. of flour.  
4 ozs. of butter or lard.  
6 ozs. of stoned raisins.  
1 oz. of Paisley flour.

4 ozs. of castor sugar.  
 $\frac{1}{2}$  teaspoonful of grated nutmeg.  
2 eggs.  
Milk.

Beat well the butter and sugar together in a basin, add a portion of the flour, then one egg, beating well between each, add the remainder of the flour and egg, with about two tablespoonfuls of milk. Mix in the nutmeg and Paisley flour, then the raisins. Place the mixture in a bread tin lined with greased paper, and bake for about one and a quarter hours, in a moderately heated oven.

### Rice Buns

7 ozs. of flour.  
3 ozs. of ground rice.  
3 ozs. of butter or dripping.  
4 ozs. of castor sugar.  
 $\frac{1}{2}$  oz. of prepared flour or  
 $1\frac{1}{2}$  teaspoonfuls of baking  
powder.

Lemon flavour.  
1 egg.  
Milk.  
Strips of lemon peel or cocoanut  
for the tops.

Rub the fat into the flour, then well mix in all the dry ingredients, make a hole in the centre, pour in the egg well beaten, and sufficient milk to mix to a stiff dough. Put on to a greased tin in twelve portions; brush the tops over with a little egg or milk, lay on the strips of peel, or sprinkle a little cocoanut over them; dredge some sugar over and bake in a moderately hot oven for fifteen to twenty minutes, keeping them a golden colour.

### Ginger Buns

12 ozs. of flour.  
3 ozs. of golden syrup.  
3 ozs. of brown sugar.  
2 ozs. of dripping or lard.  
1 teaspoonful of ginger.

1 teaspoonful of bi-carbonate of  
soda.  
1 egg.  
Milk.

Rub the fat finely into the flour, mix in the ginger and sugar, make a hole in the centre and put in the syrup, the

beaten egg, and the soda dissolved in a little milk, stir all to a stiff dough, put on to a greased tin in small rough heaps, and bake in a moderately hot oven for fifteen to twenty minutes.

## Cocoanut Buns

1 lb. of flour.	$\frac{1}{2}$ oz. of cream of tartar.	} or 1 oz. of prepared flour.
6 ozs. of butter or lard.	$\frac{1}{4}$ oz. of bi-carbonate of soda.	
7 ozs. of castor sugar.	Milk.	
4 ozs. of desiccated cocoanut.		
3 eggs.		
Grated lemon rind.		

Rub the fat into the flour, mix in all the dry ingredients, add the eggs, well beaten, and just sufficient milk to make a rather stiff mixture. Place upon a greased tin in small rough heaps, brush over the tops with a little egg and milk mixed, sprinkle cocoanut over, and then some sugar. Bake in a moderately hot oven till of a light-brown colour; time, from fifteen to twenty minutes.

## Lemon Buns

10 ozs. of flour.	Grated rind of 2 lemons.
3 ozs. of butter or lard.	2 eggs.
4 ozs. of castor sugar.	Milk to mix.
$\frac{1}{2}$ oz. of prepared flour or $\frac{1}{4}$ oz. of baking powder.	Strips of candied lemon peel for tops.

Mix and put on to a greased baking tin in a similar manner to the Rice Buns.

## Raspberry Buns

10 ozs. of flour.	1 oz. of castor sugar.
3 ozs. of butter or dripping.	1 egg.
$\frac{1}{2}$ oz. of prepared flour or $1\frac{1}{2}$ teaspoonfuls of baking powder.	Raspberry jam.
	Milk.

Rub the fat finely into the flour, mix in the powder and sugar, add the egg and enough milk to make rather a stiff dough. Turn out on to a floured board and divide into twelve portions, flatten the centre of each; put in a little jam and cover it completely with the dough; turn the buns over, brush the tops with a little egg or milk; sprinkle some sugar over, lay them on to a greased baking-sheet,

and bake in a moderately hot oven for fifteen to twenty minutes. The buns while cooking should break open on the tops and show the jam.

### Almond Buns

3 ozs. of butter.  
2 ozs. of cornflour.  
4 ozs. of flour.  
3 ozs. of castor sugar.  
1½ ozs. of ground almonds.

Grated rind of lemon.  
2 teaspoonfuls of Paisley flour.  
2 eggs.  
Almonds for the tops.

Cream the butter and sugar, add the eggs, flour, and cornflour alternately by degrees, beating well between each, then mix in the Paisley flour, almonds, and lemon rind. Place the mixture in about fifteen well greased patty pans, put two or three pieces of almond on the top of each. Bake in a moderately hot oven, keeping them a light colour. Time, fifteen to twenty minutes.

### Gingerbread

¾ lb. of flour.  
½ lb. of golden syrup.  
¼ lb. of butter or dripping.  
¼ lb. of brown sugar.  
2 ozs. of peel.

½ oz. of ground ginger.  
1 teaspoonful of bi-carbonate of soda.  
½ gill of milk.  
2 eggs.

Cut the peel into small pieces, and mix with the flour and ginger in a basin. Put the syrup, fat, and sugar in a saucepan, and warm until the fat is melted, pour it into the centre of the flour, add the soda mixed with the milk and the beaten egg; stir all together. Turn it into a cake tin lined with greased paper, and bake for one and a quarter hours in a moderately hot oven. It can also be baked in a Yorkshire pudding tin for about half an hour, and when cold cut into squares.

### Orange Gingerbread

8 ozs. of flour.  
4 ozs. of butter or lard.  
4 ozs. of golden syrup.  
2 ozs. of Demerara sugar.  
1 oz. of candied orange peel.  
Rind and juice of 1 large orange.

½ teaspoonful of bi-carbonate of soda.  
1 teaspoonful of ground ginger.  
1 teaspoonful of mixed spice.  
1 egg.

Cut the candied peel small, grate the rind of the orange,

mix these in a basin with the flour, sugar, and spices. Warm the syrup and lard, pour into the basin, and well mix with a wooden spoon, adding the egg beaten and the soda dissolved in the orange juice. Turn the mixture into a Yorkshire pudding tin that has been lined with greased paper. Bake in a moderately heated oven for about thirty to forty minutes.

### Wholemeal Fruit Gingerbread,

8 ozs. of wholemeal.	1 teaspoonful of bi-carbonate of soda.
4 ozs. of white flour.	1 teaspoonful of ground ginger.
8 ozs. of golden syrup.	$\frac{1}{2}$ teaspoonful of mixed spice.
5 ozs. of butter or lard.	2 eggs.
4 ozs. of stoned raisins.	$\frac{1}{2}$ gill of milk.
1 oz. of mixed peel.	
2 ozs. of brown sugar.	

Cut the peel small, mix it with the two flours, sugar, raisins, and spices. Beat the eggs, dissolve the soda in the milk, warm the syrup with the fat and pour into the mixture, add the eggs and milk, stir all together. Turn it into a Yorkshire pudding tin that has been lined with greased paper, spread it to the edges, leaving it thinner in the centre. Bake it for about three-quarters of an hour, in a moderately hot oven. Cut it into squares when cold.

### Yorkshire Parkin

2 lbs. of medium oatmeal.	2 ozs. of candied lemon peel.
6 ozs. of butter.	Pinch of cayenne.
6 ozs. of lard.	1 teaspoonful of bi-carbonate of soda.
2 lbs. of treacle.	1 egg.
1 oz. of ground ginger.	
$\frac{3}{4}$ lb. of Demerara sugar.	

Mince finely the peel and mix with the oatmeal, soda, ginger, sugar, and cayenne ; warm the butter, lard, and treacle, pour into the basin with the beaten egg. Well beat the mixture, turn it into two Yorkshire pudding tins, which have been lined with greased paper. Bake in a moderately heated oven from one and a half to two hours, according to the thickness of the parkin, taking care it does not turn on the top. Parkin improves if kept for about a week.

## Rifle Parkin

5 ozs. of flour.	1 egg.
2 ozs. of fine oatmeal.	2 teaspoonfuls of prepared flour
3½ ozs. of butter or lard.	or ¼ oz. Paisley flour.
4 ozs. of sultanas.	¼ teaspoonful of spice.
4 ozs. of treacle.	½ gill of milk.
3 ozs. of castor sugar.	1 egg.

Cream the fat and sugar, add spice, flour, oatmeal, egg, and milk by degrees, stirring well between each, add the treacle, lastly the powder and sultanas. Grease two sandwich tins, sprinkle some flour over them, shake any loose flour out. Turn the mixture into the tins and bake in a moderately hot oven for twenty to thirty minutes.

## Crullers

¾ lb. of flour.	¼ teaspoonful of grated nutmeg.
2 ozs. of butter.	2 tablespoonfuls of milk.
4 ozs. of castor sugar.	2 eggs.
½ teaspoonful of salt.	Fat for frying.
½ teaspoonful of bi-carbonate	
of soda.	Cinnamon } for the
	Castor Sugar } outsides.

Rub the butter into the flour, mix in the salt, sugar, and nutmeg, dissolve the soda in the milk, pour in with the beaten eggs, and mix to a stiff dough. Knead for ten minutes. Roll it out on a floured board to three-quarters of an inch in thickness. Stamp out into rounds with a cutter, cut a small piece from the centres to form rings. Heat some clean frying fat in a deep pan, drop in sufficient crullers to fill, but not to overlap; when they begin to colour draw the pan from the fire to finish cooking; time, about two minutes. Drain them well from the fat, have some sugar and ground cinnamon mixed on a sheet of paper, shake the crullers while hot in this. Serve as cakes. Care must be taken that the fat is quite hot before putting them in, or they will be greasy.

## Jersey Wonders

Similar mixture as for Crullers, but instead of cutting the paste into rings, pieces are cut about two inches by four, each piece to have two slits cut not quite the length, then plait or twist them. Fry as for Crullers.

## Shortbread No. I

7 ozs. of flour.  
1 oz. of ground rice.  
4 ozs. of butter.

2 ozs. of castor sugar.  
Citron peel or almonds for tops.

Rub the butter finely into the flour, mix in the sugar and rice, then press it into a smooth paste. Roll it out gently, and cut out some rounds with a large cutter or saucer. Place them on a greased baking-sheet; lay peel or almonds on the tops, and bake in a moderately hot oven till of a golden colour. Time according to thickness; if made into seven cakes, about fifteen minutes.

This can be made in one cake, rolled about one and a half inches in thickness. A design can be made on the top with cherries and candied peel. Fasten, with a little white of egg, a narrow band of paper round the edge to prevent it colouring too quickly, as it will take about thirty minutes to cook.

## Shortbread No. II

Add to the above ingredients | 1 yolk of egg.  
2 ozs. of ground almonds.

Method as for the above, mixing the almonds in with the sugar and binding it with the yolk of egg. Make it into one cake. Well prick it with a fork or skewer. Decorate the top with almonds. Fasten a paper band round to protect the edges and bake in a moderately hot oven from thirty to thirty-five minutes.

## German Shortbread

$\frac{3}{4}$  lb. of flour.  
5 ozs. of butter.  
 $1\frac{1}{2}$  ozs. of castor sugar.  
1 teaspoonful of cream of tartar.

$\frac{1}{2}$  teaspoonful of bi-carbonate of soda.  
2 eggs.  
 $\frac{1}{2}$  gill of milk.

Cream the butter and sugar together. Pass the flour through a sieve and mix with the cream of tartar; dissolve the soda in the milk. Add the eggs to the butter alternately with some of the flour, stirring well, then put in the milk, with the remainder of the flour. Line a Yorkshire pudding tin with greased paper, put in the mixture, brush the top over with water or white of egg, and sprinkle with castor

sugar. Put into a moderately hot oven, and bake till of a golden colour from twenty to thirty minutes. Cut into squares when it is cold.

### Cocoanut Cake

5 ozs. of butter or lard.	1 dessertspoonful of orange flower water.
7 ozs. of flour.	1 teaspoonful of prepared flour.
1 oz. of ground rice.	4 eggs.
4 ozs. of desiccated cocoanut.	Grated rind of 1 lemon.
5 ozs. of castor sugar.	

Cream the fat and sugar well together in a basin, add the lemon and rice. Mix in the yolks of the eggs and the flour by degrees, then add the prepared flour. Beat up the whites of the eggs and stir lightly into the mixture with the cocoanut. Turn it into a mould lined with greased paper, sprinkle cocoanut over the top and bake from three-quarters to one hour in a moderate oven. When cold sprinkle icing sugar over the top.

### Luncheon Cake

8 ozs. of flour.	$\frac{1}{2}$ oz. of peel.
4 ozs. of butter (or 2 ozs. of butter and 2 ozs. of lard).	$\frac{1}{2}$ teaspoonful of baking powder.
3 ozs. of castor sugar.	Lemon essence.
4 ozs. of sultanas.	4 eggs.

Cream the butter and sugar in a basin with a wooden spoon, add the eggs, stirring well between each. Add the essence. Sift the flour through a sieve with the baking powder, and lightly mix; lastly put in the fruit. Put into a tin lined with greased paper, and bake in a moderate oven for one hour.

### Ground Rice Cake

4 ozs. of butter.	4 eggs.
4 ozs. of flour.	Grated rind of lemon.
4 ozs. of ground rice.	1 teaspoonful of baking powder.
4 ozs. of castor sugar.	

Cream the butter and sugar in a basin, add the eggs, stirring well between each. Pass the flour through a sieve and lightly stir in with the rice and baking powder. Put the mixture into a tin lined with greased paper. Brush the top over with water, sprinkle with a little sugar, and

place the peel on the top. Bake in a moderately hot oven for about one hour.

### Madeira Cake

4 ozs. of butter.	Lemon essence.
4 ozs. of castor sugar.	3 eggs.
6 ozs. of fine flour.	Citron peel.
$\frac{1}{2}$ teaspoonful of prepared flour.	

Cream the butter and sugar well together, add the eggs, beating well between each; add four drops of lemon essence, and lightly stir in the flour and the powder, and place it in a tin that has been lined with greased paper. Brush the top over with a little water, sprinkle with castor sugar, place a slice of citron on top. Bake it in a moderate oven for about forty-five minutes, keeping it a pale colour.

### Snow Cake No. I

$\frac{1}{2}$ lb. of potato flour.	3 eggs.
$\frac{1}{2}$ lb. of castor sugar.	1 teaspoonful of sal-volatile.
5 ozs. of butter.	

Cream the butter and sugar until the mixture is quite white, add the eggs, beating well between each, then stir in lightly the flour and the sal-volatile. Line a Yorkshire-pudding tin with some greased paper, put into a moderately hot oven and bake for about half an hour, keeping it as pale a colour as possible. Cut it into shapes while warm.

### Snow Cake No. II

6 ozs. of flour.	4 ozs. of butter or lard.
2 ozs. of ground rice or corn-flour.	4 ozs. of castor sugar.
1 large teaspoonful of prepared flour.	2 whole eggs or 4 whites.
	3 tablespoonfuls of milk.
	Essence of lemon.

Cream the fat and the sugar together, add the eggs, beating well between each. Then lightly stir in the rice, flour, flavouring, and powder. Put into a tin lined with greased paper, brush the top over with a little water and sprinkle with sugar. Bake in a moderate oven, keeping it a pale colour. A piece of white paper can be put over the top when it is half cooked, to prevent it from colouring too much.

If only whites of eggs be used, two can be put in between the flour, etc., and the other two whipped stiffly and mixed in just before putting the cake into the oven.

### Cornflour Cakes

6 ozs. of cornflour.	4 ozs. of butter.
2 ozs. of flour.	4 ozs. of castor sugar.
4 eggs.	2 teaspoonfuls of orange flower water.
2 teaspoonfuls of Paisley flour.	Preserved cherries.

Cream the butter and sugar in a basin, beat in the eggs, one at the time, stir in the flour and flavouring. Turn the mixture into twelve small greased tins and place half a preserved cherry on each. Bake them from fifteen to twenty minutes in a moderate oven, keeping them a pale colour. If the eggs are small, a tablespoonful of milk or another egg will be required.

### Queen Cakes

7 ozs. of flour.	$\frac{1}{2}$ oz. of chopped citron peel.
4 ozs. of castor sugar.	1 tablespoonful of rose water.
4 ozs. of butter.	1 teaspoonful of prepared flour.
2 ozs. of currants.	3 large eggs.

Cream the butter and sugar together in a basin, add the yolks of the eggs, stirring between each, lightly stir in the powder, flour, peel, and flavouring. Whip the whites of eggs and stir in gently. Well grease about fifteen small tins, sprinkle a few currants on the bottoms, half fill them with the mixture, sprinkle more currants on top. Bake them from fifteen to twenty minutes in a moderately hot oven.

### Madeleines

4 ozs. of flour.	About $\frac{1}{2}$ lb. of icing sugar.
4 ozs. of castor sugar.	1 teaspoonful of lemon juice.
3 ozs. of butter.	Cold water.
Grated rind of $\frac{1}{2}$ a lemon.	Preserved fruit.
Apricot jam.	3 large eggs.
$\frac{1}{2}$ teaspoonful of prepared flour.	

Cream the butter and sugar together; add the eggs, beating well between each, then mix in the flour sifted,

the powder and lemon rind. Take twelve dariole moulds, brush the insides with melted fat and sprinkle them with flour. Half fill the moulds with the mixture, bake for about twenty minutes in a moderately hot oven, keeping them a pale colour. When cold, cut a piece out of one end, insert a little apricot jam, then lay the piece of cake on again and turn them over. Make some Water Icing (p. 426), pour over the cakes, and decorate them with preserved cherries and angelica.

If preferred, marachino may be used in the icing instead of the lemon, or a little may be mixed with the jam for the inside of the cakes.

### Chocolate Cake

6 ozs. of Vienna flour.	1 tablespoonful of milk.
1 oz. of ground rice.	$\frac{1}{2}$ teaspoonful of vanilla.
4 ozs. of butter.	1 teaspoonful of prepared flour.
3 ozs. of castor sugar.	3 large eggs.
2 or 3 ozs. of grated chocolate.	

Cream the butter with the sugar, mix the chocolate with the milk, add with the vanilla, stir well, add the yolks one at a time. Pass the flour through a sieve and lightly mix in with the prepared flour, rice, and the whites of eggs whipped. Turn the mixture into a cake tin that has been lined with greased paper. Bake in a moderately hot oven for about one hour. If this quantity be baked in two tins, they will take about three-quarters of an hour. When cold shake a little icing sugar over the top.

### Small Coffee Cakes, Iced

4 ozs. of butter.	4 eggs.
4 ozs. of castor sugar.	$\frac{1}{2}$ teaspoonful of prepared flour.
4 ozs. of flour.	Coffee essence.
2 ozs. of ground rice.	Water icing (p. 426).

Well cream the butter and sugar, add sufficient coffee essence to well flavour, add the eggs, beating well between each, stir in the flour, ground rice, and the prepared flour. Have about fifteen or eighteen small tins greased, sprinkle a little flour over the inside of each, and three parts fill with the mixture. Bake in a moderately hot oven from fifteen to twenty minutes. Make the water

icing, using part coffee essence and part water to mix it with; about three-quarters of a pound of icing sugar will be required. Cover each cake, when cold, with icing, decorate the tops, some with cherries and angelica, others with cocoanut or chopped pistachio nuts.

### Victoria Sandwich

3 eggs.  
Weight of 3 eggs in flour.  
Weight of 3 eggs in castor  
sugar.

Teaspoonful of prepared flour.  
Jam.

Break the eggs in a basin, add the sugar and whisk them until they become thick. Sift the flour and mix the powder with it, add it to the eggs by degrees, stirring very lightly. Grease a shallow tin and sprinkle over it equal quantities of cornflour and sugar mixed. Turn the cake mixture into the tin and place it in a moderately heated oven to bake from twenty to thirty minutes, keeping it a pale colour. Turn it out to get cold, then cut it through, and spread jam over and place it together again.

### Orange Cake

3 eggs.  
Weight of 3 eggs in flour.  
Weight of 3 eggs in sugar.

Teaspoonful of prepared flour.  
2 oranges.  
6 ozs. of icing sugar.

Grate the rind of the oranges and add with the eggs and sugar in a basin, then proceed in making and baking the cake as for Victoria Sandwich, and let it cool. Sift the icing sugar and moisten it with sufficient strained orange juice, from one and a half to two tablespoonfuls, stir over the fire to just warm it, then pour it all over the cake. The colour of the icing may be made a deep yellow by using a little saffron water.

Or cover with the Frosting (p. 427).

### Swiss Roll No. I

4 ozs. of sugar.  
4 ozs. of Vienna flour.  
4 eggs.

Dessertspoonful of boiling water.  
Stiff jam.

Break the eggs into a basin, add the sugar, and whisk

until thick—about ten minutes. Sift the flour, and stir it lightly into the mixture with a spoon; then pour in the water, stir, and turn it on to a baking tin that measures fifteen inches by eleven inches (or on two smaller tins), with a sheet of greased paper over it. Place in a hot oven, and bake from eight to ten minutes; prevent it from getting a dark colour. Sprinkle some sugar, cocoanut, or chopped almonds on a board, turn the cake on to it, warm the jam and spread over, then roll it up.

Swiss roll made by this recipe, if baked quickly and not too thin, may be left to cool before spreading the jam on it. To warm the jam the jar may be placed in a saucepan of boiling water. The above roll will require about half a pound of jam.

### Swiss Roll No. II

3½ ozs. of Vienna flour.	2 large eggs.
3½ ozs. of castor sugar.	1 tablespoonful of boiling water.
Small teaspoonful of prepared flour.	Stiff jam.

Sift the flour, and mix with the prepared flour. Proceed as for Swiss Roll No. I. Bake in a hot oven. Spread with warm jam, and roll it up quickly while warm to prevent it from breaking.

### Chocolate Roll

2 ozs. of Vienna flour.	1 oz. of butter.
1½ ozs. of grated chocolate.	3 large eggs.
3 ozs. of castor sugar.	½ teaspoonful of vanilla essence.

Pass the flour and chocolate through a sieve. Whisk the eggs and sugar in a basin until thick. Time, about ten minutes. Melt the butter and add with the flour and flavouring, stirring lightly with an iron spoon. Turn the mixture on to a baking sheet that has been lined with greased paper. Bake in a hot oven from six to seven minutes. Turn it out on to a board sprinkled with sugar. Lightly roll it up, when cool unroll and spread over whipped and sweetened cream, pastry cream, or Frosting in which some cocoanut has been mixed. Roll it again.

## Sponge Cake No. I

4 ozs. of Vienna flour.	4 large eggs.
4 ozs. of castor sugar.	Lemon flavouring.

Place in a basin the yolks of the eggs, sugar, and four drops of lemon essence, stir with a wooden spoon until quite thick. Sift the flour and beat the whites to a stiff froth; add flour, white of egg by degrees, stirring them in lightly with a spoon. Grease a mould, mix a teaspoonful of castor sugar and one of cornflour together and shake all over the inside of the mould, turn it over so that any that does not stick may fall out. Turn the mixture into the mould and bake it in a moderate oven from half to three-quarters of an hour.

## Sponge Cake No. II

4 ozs. of Vienna flour.	4 large eggs.
4 ozs. of castor sugar.	Lemon flavouring.

Place in a basin the sugar, four drops of lemon essence, and the eggs; stand the basin over a saucepan half full of boiling water, and whisk until the mixture becomes thick and warm, about ten minutes; take the basin off the water, and whisk a few minutes until the mixture is cold. Sift the flour, and stir in with a spoon very lightly. Prepare a mould and cook as for Sponge Cake No. I.

## Angel Cake

4 whites of eggs.	$\frac{1}{2}$ teaspoonful of cream of tartar.
3 ozs. of castor sugar.	Pinch of salt.
$1\frac{1}{2}$ ozs. of Vienna flour.	$\frac{1}{2}$ teaspoonful of vanilla essence.

Beat up the whites of eggs with the salt, add cream of tartar, continue beating until quite stiff. Very gently stir in the sugar, then the flour sifted, and vanilla. The ingredients must be mixed in carefully with the eggs, if stirred too much the cake will be tough. Turn the mixture into a mould that has been lined with plain white paper, or into an ungreased mould. Bake in a moderately heated oven for about half an hour.

## Mocha Cake

4 eggs.		4 ozs. of castor sugar.
4 ozs. of Vienna flour.		$\frac{1}{2}$ teaspoonful of baking powder.

*For the Icing.*

6 ozs. of fresh butter.		9 ozs. of icing sugar.
2 or 3 tablespoonfuls of coffee essence.		Royal icing.

Put the eggs and sugar into a basin, stand the basin over a saucepan half full of boiling water, whisk until the mixture becomes warm and thick; take it off the water and whisk for two minutes longer. Have the flour sifted and mixed with the powder, stir it very lightly into the mixture. Prepare a Charlotte mould as for sponge cake, turn the mixture into it and bake in a moderate oven until cooked, keeping it of a pale colour. Time about thirty-five minutes.

Make the icing (p. 426).

When the cake is quite cold cut it into three slices. Spread a layer of the butter icing about three-quarters of an inch in thickness on the bottom slice, on this place the middle slice, spread a second layer of icing, and on this place the top slice. Cover the cake with the remainder of the icing, ornament with royal icing squeezed through a rose tube. Serve either as a dinner sweet or as a cake.

## Walnut Cake

6 ozs. of butter.		$\frac{1}{2}$ teaspoonful of vanilla.
6 ozs. of castor sugar.		$\frac{1}{2}$ teaspoonful of baking powder.
6 ozs. of walnuts.		6 whites of eggs.
4 ozs. of Vienna flour.		Fondant icing.

Cream the butter and sugar in a basin; sift the flour and mix with the baking powder, stir the flour in with the mixture, then add the walnuts chopped, and the vanilla. Beat the whites of eggs to a stiff froth and stir very lightly into the cake. Turn it into a mould that has been lined with greased paper and bake in a moderate oven for about one hour and a quarter. When cold, cover with fondant icing, sprinkle chopped walnuts round the outside and place a half of walnut in the centre of the top.

Dried walnuts ready to use may be bought by the

pound. If preferred, the cake may be served without the icing, some halves of walnuts can be laid on the top of the cake before baking it.

### Genoese Pastry

8 ozs. of flour.  
8 ozs. of castor sugar.  
6 ozs. of butter.

6 large eggs.  
 $\frac{1}{2}$  teaspoonful of baking powder.  
Lemon essence.

Put the eggs, sugar, and four drops of essence of lemon into a basin, and whisk until the mixture becomes thick. Warm the butter, sift the flour, add them alternately, stirring well between each, then mix in the powder. Line a Yorkshire-pudding tin with greased paper, turn in the mixture and bake in a moderate oven until it is cooked, from half to three-quarters of an hour. When cold, cut it into squares, diamonds, or any fancy shapes and cover with water icing. Decorate each with dried cherries or any other preserved fruit.

### Russian Cake

Genoese paste.  
 $\frac{1}{2}$  lb. of ground almonds.  
 $\frac{1}{2}$  lb. of castor sugar.  
1 egg.  
1 tablespoonful of orange flower water.

$\frac{1}{2}$  jar of apricot jam.  
1 tablespoon of lemon juice and water mixed.  
Carmine.

Prepare some Genoese paste, turn half into a Yorkshire pudding tin lined with greased paper, colour the remainder pink with carmine, and place into another tin. Bake in a moderately heated oven, keeping them from browning. Mix the almonds, sugar, orange flower water, and the egg beaten, using a little water if necessary to bind. Roll out the mixture on a sheet of greased proof paper. Cut the Genoese paste into long strips about one inch in thickness. Mix the water and lemon with the jam and pass it through a sieve. Brush over the almond paste with the jam, lay four of the strips, the colours alternating, along the centre, brush over the tops with jam, then more strips with jam between to make four layers. Lift up the paste to cover the strips by raising the paper, joining the paste on to form a square. Fold lightly in the paper, or it may be placed in a tin or box. Leave for a few hours, then cut into slices.

## Cream Buns

4 ozs. of Vienna flour.  
3 ozs. of butter.  
3 large eggs.

1 gill of water.  
Pinch of salt.

Place the water, butter, and salt in a saucepan on the stove to boil; sift the flour, put into the boiling water and stir briskly over the fire for two minutes. Remove from the stove, add the eggs one at a time, stirring well between each one. Put the mixture on to a slightly greased baking sheet in about ten portions, three or four inches apart. Bake them in a moderately hot oven from twenty minutes to half an hour, keeping them a pale colour. When cold, make a slit near the tops and put in some whipped, sweetened and flavoured cream, or pastry custard. Sprinkle icing sugar over the tops and serve.

## Petits Choux with Cream

1 oz. of butter.  
2 ozs. of Vienna flour.  
1 gill of milk.  
2 eggs.

1 gill of cream.  
Vanilla sugar.  
Almonds.

Sift the flour, place the butter and milk in a pan on the stove, when boiling drop in the flour and stir briskly for one minute on the fire. Let it cool a little, then add the eggs one at a time, stirring the mixture well. Place it in small portions on a baking tin, two or three inches apart. Brush them over with beaten egg, sprinkle some roughly chopped almonds on the tops, then a little sugar. Bake them in a moderately hot oven at first, then let the oven get cooler or they will get too dark in colour. Time, if divided into ten portions, about twenty-five minutes. When they are cold make a slit in the top, raise up the piece and put in some whipped cream flavoured with vanilla sugar.

## Petits Choux Paste

4 ozs. of butter.  
6 ozs. of flour.  
 $\frac{1}{2}$  pint of water.

Pinch of salt.  
3 to 5 eggs.  
1 dessertspoonful of sugar.

Sift the flour. Place the butter in a stewpan with the water, sugar, and salt, bring to the boil, while boiling stir

in the flour. Stir it briskly over the fire for about two minutes. Take it off the fire, add the eggs, beating well between each. Place this mixture on a greased tin in small portions, brush with beaten egg, sprinkle with chopped almonds and sugar, bake in a moderate oven until the sides feel firm; time, twenty to thirty minutes, according to size. Keep them of a pale colour. When cold, cut open the sides and fill them with sweetened and flavoured whipped cream.

### Chocolate Éclairs

Petits choux paste (p. 421).		4 ozs. of chocolate bars.
Pastry custard or whipped		$\frac{1}{3}$ lb. of icing sugar.
cream.		$\frac{1}{2}$ gill of water.

Make half quantity of Petits Choux paste, turn it into a forcing bag and squeeze it out into finger lengths on to a slightly greased baking sheet, placing them three inches apart, brush them over with beaten egg, and bake them in a moderately heated oven from twenty to thirty minutes; allow the oven to get cooler after they have risen, to prevent them from colouring too much. When cooked and cold, cut them down the side, and fill with flavoured thick custard or cream.

Cut the chocolate into pieces, place in a pan with the water, stand the pan in another containing boiling water, and let the chocolate melt, then add the icing sugar, stir well together until thoroughly hot, if too thick add another spoonful of water. Lay the éclairs on a pastry wire and pour the warm icing all over them, any icing falling through the wire may be put back into the pan and reheated. Pastry Cream may be used for the filling. This will be found less rich than ordinary cream.

### Pastry Custard

3 yolks and 1 white of eggs.		$\frac{1}{2}$ pint of milk.
1 oz. of flour.		Vanilla or other flavouring.
Sugar to sweeten.		

Place the flour in a stewpan, add the yolks of the eggs, pour in gradually the milk, stirring smoothly, stir it over the fire until it boils, let it cook for three minutes, add the

sugar and vanilla ; when nearly cold stir in the white whipped stiffly.

Use in place of cream for éclairs, cream buns and other cakes.

## Pastry Cream

$\frac{1}{8}$  oz. of gelatine.  
 $1\frac{1}{2}$  gills of water.  
 1 white of egg.

$\frac{1}{2}$  pint of thick cream.  
 Sugar to sweeten.  
 Flavouring.

Soak the gelatine in the water, dissolve, and strain it. When cold add the white of egg, whip it vigorously until stiff ; add the cream whipped, sugar, and flavouring to taste.

Less cream may be added, if desired. Use for filling éclairs, cream buns, etc.

## Dundee Cake

1 lb. of butter.  
 $1\frac{1}{4}$  lbs. of flour.  
 $1\frac{1}{4}$  lbs. of currants.  
 $\frac{3}{4}$  lb. of sultanas.  
 $\frac{1}{2}$  lb. of stoned raisins.  
 $\frac{1}{2}$  lb. of mixed peel.  
 1 lb. of castor sugar.

$\frac{1}{2}$  lb. of almonds.  
 $\frac{1}{4}$  teaspoonful of ground cinnamon.  
 $\frac{1}{4}$  teaspoonful of grated nutmeg.  
 1 gill of brandy.  
 8 eggs.

Clean the fruit, blanch and skin the almonds, chop half of them rather small, cut the peel small, mix all together in a basin. Beat the butter and sugar together in a basin until it looks like cream, stir in the spices, the eggs, beating well between each, adding a tablespoonful of flour after the fifth egg, add the brandy by degrees, then lightly stir in the flour and mixed fruit. Turn the mixture into a large cake tin (previously lined with three thicknesses of white paper, the inner one greased). Spread the cake evenly and sprinkle the remainder of the almonds on the top. Place in a moderately hot oven, and bake for about three hours, taking care it does not colour too much ; some white paper can be placed on the top to prevent it getting too dark. After the first hour the oven must be allowed to cool down a little.

If this quantity be baked in two cakes, they will take about two hours to bake.

## Simnel Cake

6 ozs. of butter.  
6 ozs. of castor sugar.  
6 ozs. of flour.  
2 ozs. of ground rice.  
12 ozs. of currants.  
2 ozs. of mixed peel.  
 $\frac{1}{4}$  teaspoonful each of ground  
cinnamon and nutmeg.

Juice of  $\frac{1}{2}$  lemon or 1 tablespoon-  
ful of sherry.  
1 teaspoonful of prepared flour.  
5 eggs.  
Crystallized fruits.  
Royal icing.

### *For the Almond Icing*

$\frac{3}{4}$  lb. of ground almonds.  
 $\frac{3}{4}$  lb. of castor sugar.

1 dessertspoonful of orange  
flower water.  
1 egg.

Cream the butter and sugar in a basin, add the eggs, stirring well between each. Add by degrees the rice, lemon juice or sherry, the spices, prepared flour, and lightly stir in the flour sifted. Cut the peel into small pieces and add with the currants. Place the mixture into a tin, lined with greased paper. Bake in a moderate oven from one and a half to two hours. When cold cut the cake into two portions, between these place one third of the almond paste, with the remainder make a roll to form a ring to lay round the top of the cake, or part can be made into a ring and the remainder stamped out into fancy leaves. Place the ring on the edge of the cake, lay the leaves on top of the ring, place it in a slack oven for about fifteen minutes.

When the cake is quite cold, spread the royal icing in centre of the ring, and decorate with some crystallized fruit. If the icing be not used the fruit can be dipped in white of egg and stuck on the cake before it cools.

## Rich Fruit Cake

1 lb. of fresh butter.  
1 lb. of Vienna flour.  
 $1\frac{1}{2}$  lbs. of currants.  
1 lb. of sultanas.  
 $\frac{1}{2}$  lb. of castor sugar.  
6 ozs. of mixed peel.

4 ozs. of chopped almonds.  
Cinnamon.  
Nutmeg.  
8 eggs.  
 $\frac{1}{2}$  gill of brandy.  
Almonds for the top.

Cream the butter and sugar in a basin, add the eggs, beating well between each. Add one-third of a teaspoonful of the spices mixed. Sift the flour and stir lightly in,

adding the brandy by degrees. Chop the peel, mix it with the other fruit previously cleaned, sprinkle the fruit into the cake mixture, stir lightly, turn it into a tin that has been lined with greased paper. Bake in a moderate oven from two and a half to three hours.

### Almond Icing

$\frac{3}{4}$ lb. of ground almonds.	3 or 4 yolks of eggs.
1 oz. of chopped bitter almonds.	1 tablespoonful of orange flower water or lemon and water.
$\frac{3}{4}$ lb. of castor sugar.	

Thoroughly mix the almonds and sugar, bind together with the other ingredients. Flatten it out upon a board the size of the cake to be iced, lay it upon the cake spread evenly. Let it remain until the next day before putting on the royal icing.

### Royal Icing

1 lb. of icing sugar.	1 teaspoonful of lemon juice.
1 to 2 whites of eggs.	

Crush the icing sugar and pass it through a hair sieve, put it into a basin, add the lemon juice and sufficient white of egg to mix. Beat it well from ten to fifteen minutes. If too soft add more sugar, or if too stiff, a little more white of egg and a few drops of lemon juice. Spread a coating of this icing over the cake, let it stand in the warm kitchen to dry, but keep it out of dust. A second or third coating may be necessary; let each dry before another is put over; if preferred, the last coating may be of fondant icing. The icing for decorating the cake must be so stiff that when squeezed through the icing tube it will not run, but remain in shape as when squeezed. The basin with the icing must be covered over with a damp cloth to prevent it from drying, it will then keep two or three days if necessary.

### Fondant Icing

2 lbs. of loaf sugar.	Small teaspoonful of cream of tartar.
1 pint of water.	

Put the ingredients into a stewpan over a slack fire till the sugar dissolves, then bring it to the boiling point;

skim, place the cover on the pan and boil quickly. Remove the cover, test the temperature with a thermometer, let it reach 240° Fahr. Turn it into a basin, in two or three minutes stir it with a wooden spoon until it becomes opaque and creamy. This, if poured over a cake when it has had one coating of royal icing, improves the appearance. It is used for icing cakes and for the centres of chocolate creams, etc.

### Water Icing

8 ozs. of icing sugar.

| Water and lemon juice or sherry.

Sift the sugar, place in a stewpan and stir in water and lemon juice to mix sufficiently moist to just drop from the spoon, from two to two and a half tablespoonfuls. Stir over the fire to warm without allowing it to boil. Use while warm. It may be coloured pink with cochineal.

### Cream Icing

6 ozs. of castor sugar.  
 $\frac{1}{2}$  gill of water.

| Pinch of cream of tartar.  
 1 white of egg.

Place sugar, water, and cream of tartar into a stewpan, boil, skim, then boil it until, when a little is dropped into a cup containing cold water, it will form a ball (240° F.). Whip the egg stiffly with a pinch of salt, then pour slowly the hot syrup on to the egg, whipping vigorously until thick enough to spread; if it becomes too stiff add a little cold water.

This icing will keep for a few days if kept covered from the air.

### Butter Icing

4 ozs. of butter fresh.  
 6 ozs. of icing sugar.  
 2 or 3 tablespoonfuls of coffee

| essence, or 1 to 2 ozs. of  
 chocolate, or any other flavour  
 preferred.

Work the butter and icing sugar in a basin until it becomes like cream, add the coffee by degrees; if preferred a tablespoonful of brandy may be stirred into it, stand in a cool place until ready to use.

If chocolate be used it must be grated and placed in a

jar with one or two tablespoonfuls of water. Place the jar in a pan of boiling water and leave until the chocolate is melted, allow it to get cold. Add it to the butter and flavour with vanilla.

### Frosting

1 white of egg.	A little water.
4 to 6 ozs. of castor sugar.	
1 teaspoonful of lemon juice.	
	Pinch of salt.

Beat the white of egg with the salt, then add the sugar by degrees, beating at the same time, add the lemon juice and the same quantity of water; if too thin add more sugar, if too stiff a teaspoonful more water. Use for covering sandwich cakes, etc.

### Oatmeal Biscuits

6 ozs. of medium oatmeal.	1 teaspoonful of baking powder.
6 ozs. of flour.	
1½ ozs. of butter or dripping.	
1 oz. of sugar.	
	¼ teaspoonful of salt.
	1 small egg.
	Water.

Well mix the oatmeal, flour, sugar, salt, and baking powder together. Melt the fat and pour in, add the egg beaten and sufficient water to mix to rather a stiff paste. Roll it out thinly on a floured board, cut it into rounds, prick well with a fork, lay on a greased baking tin, and bake in a moderate oven until quite crisp and of a pale brown colour, from fifteen to thirty minutes, according to the thickness.

### Water Biscuits

1 lb. of flour.	Salt.
2 ozs. of butter.	
1 egg.	
	Water.

Rub the butter into the flour, add half a teaspoonful of salt, make a bay in the centre, put in the beaten egg and enough water to mix it to a very stiff paste. Knead well, roll up in a damp cloth and let it stand one or two hours; then roll out thinly, cut with a cutter or glass, and well prick them with a fork. Bake in a moderate oven till of a golden colour. Time, about ten minutes.

## Wholemeal Biscuits

1 lb. of wholemeal flour.	2 teaspoonfuls of baking powder.
4 ozs. of butter or dripping.	Milk.
3 ozs. of sugar.	Salt.

Rub the fat finely into the flour, mix in the dry ingredients ; pour in sufficient milk to mix to a thick paste. Roll it out thinly, cut out with a cutter or glass, prick well with a fork ; place them on a greased baking tin, and bake until they are quite crisp and of a light-brown colour. The oven must not be too hot or they will colour before they are crisp. Time, about ten minutes. If liked, these biscuits can be made thick, but in this case when they are coloured they must be put in a slacker part of the oven to cook through.

## Ginger Nuts

$\frac{3}{4}$ lb. of flour.	$\frac{1}{2}$ oz. of chopped peel.
6 ozs. of treacle.	$\frac{1}{2}$ teaspoonful of bi-carbonate of soda.
3 ozs. of brown sugar.	1 tablespoonful of milk.
2 ozs. of butter or lard.	
$\frac{1}{4}$ oz. of ground ginger.	

Mix the peel, ginger, and flour together in a basin, warm the treacle, fat, and sugar, and add to the flour. Dissolve the soda in the milk, add, and stir well. Put in more flour if it is not stiff enough to roll out. Roll it out thinly upon a floured board, stamp it out into small rounds, and bake in a moderate oven from ten to fifteen minutes. To prevent these nuts from becoming soft, keep in a tin until required.

## Wine Biscuits

4 ozs. of Vienna flour.	1 large egg.
4 ozs. of ground rice.	1 tablespoonful of orange flower water.
4 ozs. of butter.	Dried fruit.
5 ozs. of castor sugar.	

Cream the butter and sugar in a basin, add some of the flour, then the egg and rice, stirring well ; mix in the orange-flower water. Put some of this mixture in tiny knobs on a greased baking tin three inches apart, place a cherry on some, citron peel, and chopped almonds on others. Divide the remainder of the mixture into two

portions, add a few currants to one and caraway seeds to the other. Put these also in some knobs on a baking tin and bake to a pale colour for about fifteen or twenty minutes.

### Rice Biscuits

4 ozs. of ground rice.  
2 ozs. of flour.  
3 ozs. of butter.  
4 ozs. of castor sugar.

1 large egg.  
Rind of  $\frac{1}{2}$  lemon grated.  
Confectioner's paper.  
Cherries.

Cream the butter and sugar, add the egg and flour, beat the mixture well. Put in the flavouring and the rice. If the egg be small a little milk may be needed.

Put a teaspoonful of the mixture in round knobs on the paper about two inches apart, shake some icing sugar over them, lay half a cherry on the top of each one. Bake them in a slack oven for fifteen to twenty minutes, keeping them of a pale colour.

Orange flower water or rose water may be used instead of lemon.

### Chestnut Biscuits

1  $\frac{1}{2}$  lbs. of chestnuts.  
4 ozs. of butter.  
4 ozs. of flour.  
3 ozs. of castor sugar.

1 or 2 eggs.  
Vanilla essence.  
 $\frac{1}{2}$  teaspoonful of baking powder

Slit the chestnuts and bake them until they are soft, skin and pass them through a sieve. Rub the butter into the flour, mix all the dry ingredients together, bind with the beaten egg. Roll out on a floured board, cut out into rounds, prick and bake them on a greased baking tin, and bake in a moderate oven for about twenty minutes.

### Lemon Rings

5 ozs. of flour.  
2 ozs. of butter.  
3 ozs. of castor sugar.  
1 oz. of ground rice.

Rind of 1 lemon.  
1 egg.  
2 tablespoonfuls of milk.

Rub the butter into the flour, grate the lemon rind and add to the flour with the sugar, make a hole in centre, pour in the beaten egg and sufficient milk to mix very stiffly. Roll it out on a floured board, stamp it out with a

fluted cutter, then take a piece out of the centre with a plain cutter. Place the rings on a greased tin and bake in a moderate oven, keeping them of a pale colour.

### Shrewsbury Biscuits

7 ozs. of flour.	$\frac{1}{2}$ teaspoonful of caraway seeds.
3 ozs. of butter.	1 yolk of egg.
2 ozs. of castor sugar.	Rind of $\frac{1}{2}$ lemon, grated.

Rub the butter finely into the flour, mix in the sugar, seeds, and lemon, then make it into a stiff paste with the yolk. Roll it out thinly upon a board; sprinkle castor sugar over, just press it with the rolling-pin (this gives the biscuit a sparkling appearance when cooked), and cut out into rounds. Bake till a golden colour, about twelve minutes in a moderate oven.

### Gem Biscuits

4 ozs. of butter.	Salt.
4 ozs. of flour.	1 egg.
4 ozs. of cornflour.	Milk.
5 ozs. of castor sugar.	Lemon flavouring.
$\frac{1}{2}$ oz. of Paisley flour.	Cherries and angelica.

Rub the butter into the flours, mix two ounces of the sugar, salt, Paisley flour, and rind of lemon grated; bind to a stiff paste with the yolk of egg and a little milk, roll out on a floured board to a third of an inch, cut into rounds with a crinkled cutter, lay them on a greased baking sheet and bake in a moderately heated oven for about fifteen minutes, keeping them of a pale colour. Whip up the white of the egg stiffly, add by degrees a teaspoonful of lemon juice and three ounces of castor sugar, beat till white and stiff. Spread this mixture smoothly over the biscuits, lay a slice of preserved cherry in the centre and pieces of angelica round.

### Cocoanut Pyramids

4 ozs. of cocoanut.	1 large egg.
4 ozs. of castor sugar.	Lemon flavouring.

Mix the cocoanut, flavouring and sugar. Bind into a stiff paste with the beaten egg. Press into conical shapes. Sprinkle sugar over the tops. Place on a tin and bake in a moderate oven for twenty minutes.

## Walnut Biscuits

6 ozs. of flour.	4 ozs. of dried walnuts.
2 ozs. of ground rice.	1 teaspoonful of prepared flour.
4 ozs. of butter.	2 eggs.
6 ozs. of castor sugar.	Grated rind and juice of lemon.

Beat well four ounces of the sugar with the butter, add the flour and yolks of the eggs alternately, stirring well between each. Add the lemon rind, juice, and rice, lastly the powder, and two ounces of the walnuts chopped finely. Roll the paste out thinly and cut it out into shapes, place on a greased tin, and bake for ten or fifteen minutes in a moderate oven. Beat the whites of eggs stiffly, add the remaining sugar and walnuts chopped finely. Spread this mixture over the biscuits, sprinkle icing sugar over the tops, and dry in a slack oven for ten minutes.

## Almond Macaroons

5 ozs. of ground almonds.	2 whites of eggs.
$\frac{1}{4}$ oz. of bitter almonds.	Whole almonds.
5 ozs. of castor sugar.	

Blanch and finely chop the bitter almonds. Whip the eggs stiffly, mix in the sugar and almonds. Place in small balls on confectioner's paper, two or three inches apart, lay half an almond on each one, sprinkle sugar on the tops, and bake in a slack oven until crisp. Time, from twenty minutes to half an hour.

## Cocoanut Macaroons

4 ozs. of cocoanut.	3 whites of eggs.
4 ozs. of castor sugar.	Grated rind of lemon.
1 oz. of ground rice.	

Beat the whites stiffly and stir in the other ingredients. Finish as for Almond Macaroons, substituting cocoanut for the whole almonds.

## Chocolate Macaroons

4 ozs. of grated chocolate.	1 oz. of ground rice.
4 ozs. of castor sugar.	Vanilla flavouring.
2 ozs. of ground almonds.	3 whites of eggs.

Beat the eggs stiffly and mix in all the other ingredients. Finish as for Almond Macaroons.

## CHAPTER XX

### SICK-ROOM COOKERY

To be able to choose the right kind of food, and to cook it so that it is easy to digest and assimilate, is of the greatest importance in a sick-room.

During convalescence the feeding is usually of paramount importance. A patient requires extra nourishment to restore the wasted body, but being weak, great care is necessary to give light, simple, nourishing foods that require as little energy as possible from the patient in digesting them. During an illness the doctor usually advises the kind of food and the method of cooking, and his instructions should be rigidly carried out, for in some cases the patient is better without food for a time, or certain foods may be harmful. Many foods are given with a mistaken idea of their value. Beef tea is often more of a stimulant than a real food, according to the kind of meat and method of cooking. If little or no other nourishment is being taken besides the beef tea, then it should be made from a good juicy steak. It may not set to a jelly, but will be more sustaining than if made from the shin of beef. The latter will often set in a jelly, due to gelatine being dissolved out of the sinew and skin of the meat. The latter kind may be very suitable during convalescence, acting more as a stimulant when other foods are taken. Beef tea for an invalid should never boil; it will then be easier to digest, but will not keep so long. It should be made in small quantities and fresh daily. Home-made beef tea is mostly preferable to bought meat preparations. Valentine's meat juice is valuable when only a very little nourishment can be taken. Bovril is also good in a sick diet; but the majority of meat extracts contain very little, if

any, flesh-forming matter, and too much of the extractives (the savoury matters in meat) to enable them to be taken in sufficient quantities to obtain much proteid. These savoury extracts may be very useful in an ordinary diet, especially when added to insipid food, but are too stimulating for sick people.

Whole beef tea is more nourishing, and makes a little variety. A white of egg, beaten and mixed with beef tea or meat extracts, makes them of more value and a change during convalescence.

Raw beef tea is a quick restorative ; it should be served in a coloured glass, as the colour would be objectionable.

Gelatine, which forms the basis of jellies, though a highly nitrogenous substance, is not a true flesh-former ; it has some value in the body not altogether defined, but the result of experiments tend to prove that it is a proteid-sparer rather than a flesh-former. Gelatine is very easy to digest and assimilate, and forms a pleasant change of giving eggs raw or cooked, beef tea, milk, and wine in the form of jellies ; fruit may also be given in jellies, thus providing more variety in an otherwise monotonous diet.

Milk enters largely into a sick diet ; it is very nourishing, approaching nearly to a perfect food. For the sick it is safer to boil it, to destroy any germs or ferments, especially as it is a great absorbent. For the latter reason it should never be left standing about in a sick-room, but kept in a scrupulously clean place ; all vessels used for milk should be, after washing, well rinsed out with boiling water. During the digestion of milk in the stomach the casein (the flesh-former in milk) clots ; it has been found that the casein in boiled milk does not form such heavy clots, and is thus easier to digest. Soda water is added to milk for a similar reason ; lime water and barley water are added to milk for babies to make it lighter to digest. A biscuit is often recommended to be eaten between drinking milk, with the same idea of preventing it from clotting so thickly in the stomach. One great advantage of milk in a sick diet is that it requires very little energy from the body in its absorption.

Milk often, like soup, seems to stimulate a flow of gastric juice, though in some cases the fat seems to have a restraining influence which accounts for skim milk often being easier to digest than new milk.

When a patient is prostrated after a serious illness, the milk given is often partially peptonized (partially predigested), also other liquid foods.

Liquids and powders can be purchased at the chemist's for this purpose.

The usual method is to warm milk diluted with water, to 140° Fahr., add the preparation, and let it stand covered over for varying times according to the degree of peptonization required, and preparation used. The different manufactures give detailed instructions; these must be strictly adhered to, otherwise the milk may be objectionable to the patient.

When the peptonization is sufficient the milk should be used, or boiled at once, or it can be put on ice, for if carried on too long, the milk will be bitter in taste, in which case all the casein in the milk has been turned into peptones, completely digested, great heat destroys, cold stops the digestive process.

Partially peptonized milk has scarcely any perceptible difference in taste to new milk. Peptonized milk, gruels and beef teas are valuable in cases of acute gastric disorders, or severe indigestion, and in some cases of fever, but these should only be given by the doctor's orders.

Eggs are rather concentrated nourishment, and are usually of more value in a sick diet the nearer they are to the raw state. If eggs are cooked very lightly as coddled eggs, *i.e.* placed in a cup, boiling water poured over, covered up, and allowed to stand for six minutes, they will be very easy to digest, and agreeable; but if an egg be taken raw it is even lighter, requiring less energy from the body for digestion and assimilation.

When a patient may take solid food, fish is generally the most suitable with which to commence; it is light and not stimulating. Those fish that contain the least fat, as soles or whiting, are best steamed or boiled.

Chicken when steamed or boiled is very easy to digest, as the fibres are short and fine, and they contain little fat.

Mutton is the lightest of butcher's meat for an invalid ; lamb has a more delicate flavour, but, being more watery, does not yield as much nourishment, bulk for bulk, as mutton. Rabbit is also good for invalids.

Sweetbreads make a pleasant change, though not so very nourishing. They have a delicate flavour, and are easily digested.

Tripe is very nourishing, light, and digestible if freed from fat ; and suitable during convalescence.

Arrowroot is nearly pure starch. It is usually cooked with milk or broth, and these supply what the arrowroot lacks. As it is the least irritating of the starches, it is very useful in the sick-room. Rice, for similar reasons, enters into sick-room cookery.

Thirst is a characteristic feature of many complaints. Usually fresh lemonade can be taken ; it should always be made fresh from lemons and boiling water. Barley water is very useful and soothing ; also rice water. Oatmeal water is nourishing. These drinks are generally slightly flavoured with lemon. As a change, toast water may be used ; the toast slightly flavours and disguises the flat taste of boiled water.

Spirits should not be given without the doctor's orders.

All food for the sick should be of the best quality, perfectly fresh, and simply cooked. As the palate is often in a disordered state, great care should be taken in seasoning dishes, very little flavouring should be used, and only small quantities of food served at a time. If tiny moulds or cups are used for jellies and puddings, they look more dainty and tempting than a slice from a larger mould. Everything connected with the food should be scrupulously clean, and served with the view of tempting the appetite, as well as being nourishing. If possible, the food should come as a surprise, the patient neither seeing nor smelling it while it is being prepared.

Food left over must never remain in the sick-room.

After meals the patient's mouth should be well rinsed out with water, or water mixed with a teaspoonful of borax. This will often prevent an after flavour of food in the mouth, which is apt to sicken the patient.

## Beef Tea

$\frac{1}{2}$ lb. of lean beef.		Pinch of salt.
$\frac{1}{2}$ pint of cold water.		

Wipe the beef with a wet cloth, shred it finely, cutting away all fat and skin ; put the meat into a basin, and cover with the cold water ; add the salt. Let it stand for twenty minutes ; then pour it into a jar, cover with a lid or a saucer, and stand in a saucepan with boiling water to come halfway up the jar. Keep the water boiling for two hours, occasionally breaking up the lumps in the beef tea ; then strain through a coarse strainer, squeezing it well with a spoon. The beef tea should not reach boiling point.

To warm up the beef tea, pour some into a cup, adding some of the sediment from the bottom ; stand the cup in a saucepan containing boiling water on the stove.

## Raw Beef Tea

$\frac{1}{4}$ lb. of lean steak.		Pinch of salt.
$\frac{1}{2}$ gill of cold water.		

Wipe the beef, shred it finely, taking away the fat ; put it into a basin with the water, let it soak from twenty to thirty minutes ; pass through muslin, squeezing the meat well. This is a good restorative, but as it does not look tempting it should be served in a coloured glass.

## Quickly Made Beef Tea

1 lb. of lean beef.		$\frac{1}{4}$ teaspoonful of salt.
1 pint of water.		

Wipe the beef and shred it finely, cutting away all fat and skin. Soak it in the cold water with salt for twenty minutes, turn it into a thick saucepan, and stir it with a fork (which keeps the meat separated), over a slow fire, until it turns brown in colour ; take care it does not boil, or the proteid matter will harden. Stand the pan covered at the corner of the stove and leave it for twenty minutes, occasionally stirring with the fork. Strain through a coarse strainer, pressing well with an iron spoon to get all

the juices from the beef. If there be any fat floating on it, remove by passing a piece of clean kitchen paper over the top.

### Beef Tea and White of Egg

1 gill of beef tea.	Pinch of salt.
White of fresh egg.	Tablespoonful of cold water.

Beat the white of egg and water with a fork, then pour on to it the beef tea made very hot, season, and pour into a very hot cup or basin.

White of egg being nearly pure albumen will make the beef tea more nourishing.

### Savoury Beef Tea

$\frac{1}{2}$ lb. of lean beef.	Pinch of salt.
$\frac{1}{2}$ pint of water.	

Prepare the meat as for ordinary Beef Tea ; then soak it in the water, add the salt, and pour it into a jar ; put the lid on, place in a moderately hot oven, and let it remain for two hours, taking care the oven does not get too hot or it will boil ; then strain it. A little celery and an onion can be added if it is for a convalescent, but these would not be allowable if a patient is very ill.

### Meat Essence

1 lb. of juicy steak or mutton.	1 tablespoonful of water.
Pinch of salt.	

Cut off any fat and shred the meat ; put it in a jar with a small pinch of salt and the water, cover the jar, and stand it in a saucepan of boiling water ; let it boil gently two and a half to three hours. Turn it into a fine strainer, and press it well to squeeze all the juice through ; may be served hot or cold. A teaspoonful is often sufficient to give at one time.

### Whole Beef Tea

The ingredients similar for Beef Tea.

Prepare and cook as for quickly made beef tea. The beef left in the strainer must be pounded well in a mortar,

then passed through a very fine wire sieve and add it to the beef tea.

Suitable for a convalescent person.

## Beef Tea Purée

Gill of beef tea.

1 tablespoonful of beef purée  
(about 3 or 4 ozs. of lean  
steak).

Salt.

Wipe the meat, scrape it free from skin and fat, well pound it in a mortar, then pass through a fine wire sieve. Stand the beef tea in a cup or basin, in a saucepan with boiling water; when thoroughly hot well stir in the meat with a fork, season with a little salt if necessary and serve quickly, with some toast, cut into finger lengths.

## Chicken Broth

1 chicken.

2 pints of water.

Salt.

Draw and wash the inside of a chicken, chop it into small pieces; put it with the water and a little salt into the inner part of a double saucepan, with boiling water in the outer part, or it may be put into a large jar, covered over, and stood in a saucepan of boiling water. Cook it for four hours. Strain it through a fine strainer, skim all the fat from it, season if necessary.

Celery and onion cut up and added are an improvement to the flavour, if permissible.

## Mixed Meat Tea

1½ lbs. of knuckle of veal.

1 lb. of scrag of mutton.

1 lb. of lean beef.

3 pints of cold water.

Salt.

Remove the fat from the meat, cut it into small pieces, chop the bones, and place the whole in a jar with a large pinch of salt, add the cold water, and let it soak for a short time. Stand the jar, covered over, in a saucepan of boiling water; keep the water boiling for four hours; then strain the liquor from the meat. Remove the fat with white paper, add a little salt. Warm as required.

## Savoury Custard

1 whole egg and 1 yolk.  
1 gill of beef tea.

Pinch of salt.

Beat the eggs well with a little of the beef tea, warm the remainder of the beef tea and pour on to the eggs, stirring at the same time; add the salt, strain it into two small moulds or teacups. Cover each with a piece of greased paper and steam until the custard sets. Time, about fifteen minutes. Turn out on to a plate. Serve either hot or cold.

## Bovril Gruel

1 tablespoonful of coarse oatmeal.  
1 teaspoonful of bovril.

1 pint of water.  
Salt.

Boil the water, add a pinch of salt; drop the oatmeal in by degrees, stirring the while; boil gently for one hour, strain it, there should be about one breakfast cupful, add bovril and salt to the taste. Should it be a little thick more water can be added.

If preferred, this can be made with fine oatmeal, similarly to ordinary gruel, using water and bovril instead of milk.

## Cup of Gruel

1½ dessertspoonfuls of fine oatmeal or groats.  
½ pint of milk.

Sugar.  
Salt.

Mix the oatmeal or patent groats with a little of the milk, scald the remainder of the milk and pour in, stirring the while. Return it to the pan with a pinch of salt and stir over the fire until it boils, cook it gently for ten minutes, add a little sugar. If too thick add a little more milk.

## A Cup of Arrowroot

Small dessertspoonful of arrowroot.

½ pint of milk.  
A little sugar.

Mix the arrowroot smoothly with a little of the milk in a basin, scald the remainder of the milk, and pour on to the arrowroot, stirring at the same time; turn the whole

back into the saucepan and stir over the fire until it boils, let it cook gently for eight minutes ; sweeten and serve.

### Egg Flap

1 new-laid egg.		1 dessertspoonful of lemon juice
1 dessertspoonful of castor sugar.		or 1 tablespoonful of brandy.

Beat well together the yolk, sugar, lemon juice or brandy. Whip the white of egg to a stiff froth, mix it with the yolk and serve in a glass.

### Egg and Milk

1 new-laid egg.		1 teaspoonful of sugar.
$\frac{1}{2}$ a glass of milk.		

Beat the yolk of egg with the sugar and a dessertspoonful of cold milk, scald the remainder of the milk and add ; whip the white to a stiff froth and mix in.

### Steamed Fish

1 or 2 fillets of fish.		Lemon juice.
Salt and pepper.		

Curl or fold the fillets, place them on a saucer or deep plate ; sprinkle with a little pepper, salt, and lemon juice, cover with another saucer or plate and stand on a saucepan containing boiling water from ten to twenty minutes, according to the thickness of the fillets. Dish up on a plate or dish and pour the liquor over, or white sauce, in which the liquor has been used.

### Steamed Chop

Small chop.

Trim nearly all the fat off the chop and place between two plates or saucers over a saucepan of boiling water to steam thirty to forty minutes, turning it over every four minutes.

This is a suitable method of cooking small chips or thin slices of meat.

## Boiled Lambs' Sweetbreads

$\frac{1}{2}$  lb. of lambs' sweetbreads.  
1 onion.  
 $\frac{3}{4}$  pint of milk.  
 $\frac{1}{4}$  oz. of butter.

$\frac{3}{4}$  oz. of flour.  
Salt.  
Nutmeg.

Soak the sweetbreads in cold water for one hour, wash and put them in a stewpan and cover with cold water, and place them on the stove to boil, then strain, and trim any fat off. Put them back into the stewpan and cover them with the milk, add the onion and let them simmer gently until quite cooked, time about three-quarters of an hour, take them up. Cook the butter and flour together without allowing it to colour, strain the milk, add and stir it over the fire until it boils and thickens, add salt to taste and a little grated nutmeg, put the sweetbreads into the sauce to warm. Serve with lightly fried croûtons. The milk may be thickened with a dessertspoonful of cornflour instead of the butter and flour.

## Quenelles of Veal

4 ozs. of lean veal cutlet.  
 $\frac{1}{2}$  oz. of butter.  
 $\frac{1}{2}$  oz. of flour.  
 $\frac{1}{2}$  beaten egg.  
Pepper and salt.  
Nutmeg.

*For the Sauce.*

$\frac{1}{4}$  oz. of butter.  
 $\frac{1}{4}$  oz. of flour.  
 $\frac{3}{4}$  gill of flour.  
Salt and nutmeg.

Scrape the meat free from fat and skin, and well pound it in a mortar. Melt the butter, stir in the flour, then mix smoothly with the milk, stir over the fire until it boils and thickens, turn it out to cool; when cold, add it to the meat with the seasonings, and egg, well pound and pass it through a wire sieve. Mix it together again and roll a tiny portion in a little flour and put it into a pan of boiling water, leave it where it will not boil, for five minutes, then take it out and taste if sufficiently seasoned. Shape the quenelles and cook as for Quenelles of Veal (p. 184).

## Grilled Sole

Small sole.  
Butter.  
Salt and pepper.

$\frac{1}{2}$  teaspoonful of chopped parsley.  
Lemon juice.

Wash and trim the sole, dry it well in a cloth with a

little flour. Pour a little oil or warmed butter over it. Grill it on both sides to a light-brown colour, from six to ten minutes, according to the size. Pour some boiling water on the parsley, drain it, mix with a little butter, lemon juice, pepper, and salt. Spread this over the sole, and serve.

## Scallops of Oysters

6 oysters.  
 $\frac{1}{2}$  oz. of butter.  
 $\frac{1}{2}$  oz. of flour.  
 Milk.

Pepper and salt.  
 Lemon juice.  
 Nutmeg.  
 Bread crumbs.

Place the oysters with their liquor in a pan and shake them over the fire until hot, but not to boil, or they will not be so easily digested; strain them. Cook the butter and flour together in a pan for two minutes without allowing them to colour, add enough milk to the oyster essence to make it measure three-quarters of a gill, add to the butter and flour, stir over the fire until it boils, season with salt, pepper, lemon juice, and nutmeg. Beard and take off the hard piece from the oysters, cut each into two, stir them in with the sauce. Turn it into two buttered scallop shells, sprinkle a few brown crumbs or rusk crumbs on the top, place them in the oven for a few minutes, stand them on a serviette on a dish and garnish with parsley.

## Fish Croquets

6 ozs. of cooked fish (without bone).  
 1 oz. of butter.  
 $1\frac{1}{4}$  ozs. of flour.  
 1 gill of milk.

1 yolk of egg.  
 $\frac{1}{2}$  teaspoonful of chopped parsley.  
 Lemon rind.  
 Egg and bread crumbs.

Make a stiff white sauce with the butter, flour and milk, add the yolk and stir it over the fire for one minute; take it off the fire, add a little chopped lemon rind, pepper, and salt to taste, and the parsley. Break the fish into small pieces, taking away any bones or skin. Stir it into the sauce and turn it out on a dish to cool. Then make it up into small balls, brush them over with beaten egg and cover them with crumbs, shake any loose crumbs off

and fry them to a golden colour in hot fat for one and a half minutes. Drain them, and stick a piece of parsley stalk into each one. Dish them up on a serviette and garnish with parsley.

### Arrowroot Pudding

1 large dessertspoonful of arrowroot.	Sugar to sweeten.
$\frac{1}{2}$ pint of milk.	1 egg.
	Rind of $\frac{1}{2}$ lemon.

Cook the arrowroot as for a cup of arrowroot. When it boils, take it off the stove, add the sugar and lemon juice, and let it cool ; then well stir in the yolk of the egg. Whip the white stiffly upon a plate and stir into the arrowroot. Turn it into a buttered pie-dish and bake for about fifteen minutes in a hot oven, until the pudding rises and lightly colours. Should be served quickly, as it falls in cooling.

### Arrowroot Charlotte

$\frac{1}{2}$ pint of milk.	Sugar to sweeten.
$\frac{1}{2}$ tablespoonful of flour.	Vanilla flavouring.
1 tablespoonful of arrowroot.	8 or 10 sponge fingers.

Take two small plain moulds or two small mugs. Should the moulds be shallow a band of white note paper can be pinned round to make them higher.

Cut some of the sponge fingers into kite-shaped pieces to quite fill in the bottom of the moulds, place the points to the middle, with half a cherry in the centre. Cut the other cakes across into two and line the moulds, with these fitting them in tightly. Mix smoothly the flour and arrowroot with a little of the milk, scald the remainder and pour on to the mixture, stirring all the time, turn back into the pan and stir over the fire until it boils, let it cook slowly at the corner of the stove for eight or ten minutes, stirring it occasionally ; sweeten to taste and add the flavouring. When cooked turn it into the moulds of sponge fingers, let it stand until quite cold.

One may be sufficient to serve. Turn it out on to a dish, place a little bright coloured jelly or jam round to make it look attractive, or if allowable, serve with a cold custard sauce, or whipped cream, otherwise serve it on a lace paper.

## Castle Pudding

1 new-laid egg.  
1 oz. of castor sugar.  
1 oz. of butter.

1½ ozs. of flour.  
¼ of a lemon peel, chopped.

Beat well the butter and sugar in a basin; add the yolk of egg, peel, and the flour; stir well. Beat the white very stiffly and stir lightly into the mixture. Turn it into two small buttered timbale moulds, cover with greased paper, steam for half an hour. Turn out, and serve either plainly or with a sweet sauce.

If preferred, they may be baked from fifteen to twenty minutes.

A little fruit placed on the bottom of the moulds improves the appearance.

## Light Pudding

2 ozs. of bread crumbs.  
½ pint of milk.  
1 egg.

Sugar.  
Grated lemon rind.

Place the crumbs in a basin with the lemon rind and sugar to taste; scald the milk and pour over; let it cool. Well beat the egg and mix in thoroughly; butter two small cups, lay a slice of cherry at the bottom of each, pour in the mixture; cover with greased paper and steam until set, about twenty-five minutes. Serve with a custard sauce.

## Victoria Pudding

2 ozs. of bread crumbs.  
1 oz. of castor sugar.  
¼ oz. of butter.

½ pint of milk.  
2 eggs.  
Vanilla flavouring.

Put the bread crumbs into a basin with the butter; scald the milk and pour it over, stir it, and then let it cool. Add the flavouring, sugar to sweeten, and the yolks of the eggs; well stir together, pour into a buttered pie-dish and bake until just set—time, about ten minutes. Whip the whites of eggs very stiffly, stir in about half an ounce of castor sugar, and cover the top of the pudding with this, leaving it rough all over; sprinkle a little sugar over the

top, and dry it in a slack oven for about ten minutes. One or two dried cherries cut into slices, and a little angelica or citron peel, can be used to decorate the top.

## Tapioca or Sago Snow

1 oz. of tapioca or sago.  
 $\frac{3}{4}$  pint of milk.  
 Sugar to sweeten.

1 egg.  
 Rind of  $\frac{1}{4}$  of a lemon.

Soak the tapioca or sago with half a pint of the milk for one hour, then turn it into a saucepan with the lemon rind peeled thinly and chopped. Cook it slowly until quite soft, stirring occasionally—time, from twenty to thirty minutes. Add the yolk of the egg and sugar to sweeten, stir over the fire for half a minute, then turn it into a small pie-dish and keep warm. Place the remainder of the milk in a saucepan to scald. Beat the white of egg to a stiff froth, stir in one ounce of sugar, and drop small teaspoonfuls of it into the boiling milk; cook for one minute, drain, and lay them on top of the tapioca. Place six or eight thin slices of preserved cherries about the top, and serve.

## Vanilla or Lemon Soufflé

$\frac{1}{2}$  oz. of butter.  
 $\frac{1}{2}$  oz. of flour.  
 $\frac{1}{2}$  gill of milk.  
 1 teaspoonful of castor  
 sugar.

2 whites and 1 yolk, or 1 large  
 egg.  
 Vanilla sugar and essence, or the  
 grated rind of  $\frac{1}{2}$  lemon.  
 1 glacé cherry.

Melt the butter in a stewpan, mix in the flour. Add the milk by degrees, stirring it smoothly. Stir it over the fire until it boils. Allow it to get quite cold. Sweeten and flavour. Well beat in the yolk of the egg, whip the whites stiffly and gently mix in. Butter two teacups, or small moulds, sprinkle the insides with sugar. Press half a cherry on the bottom of each. Turn in the mixture, cover the tops with buttered paper. Place them in a steamer above boiling water, and allow them to steam for thirty-five minutes. The water must not boil fast, otherwise the soufflés will rise too quickly, and fall immediately they are exposed to cooler air.

The remaining yolk can be used with half a gill of milk for a custard sauce (p. 346).

### Egg Jelly

3 fresh eggs.	$\frac{1}{2}$ pint of cold water.
$\frac{1}{2}$ oz. of gelatine.	$\frac{1}{2}$ pint of boiling water.
$\frac{1}{2}$ lb. of white sugar.	3 lemons.

Soak the gelatine in the cold water ; place the thinly peeled rind of two lemons with the sugar in a basin, and pour the boiling water over, cover, and let it stand until it cools ; then strain it on to the eggs that have been previously well beaten, pour this into a jug, and stand in a saucepan of boiling water ; stir until it thickens. Take the jug out of the water, add the gelatine and stir until it dissolves ; pour in the juice of the three lemons ; then strain into a basin and stir occasionally until it begins to set. Pour into a mould that has been rinsed with cold water, and let it remain until quite set.

A glass of brandy or sherry may be substituted for the lemon juice.

### Calf's Foot Jelly

1 calf's foot.	3 lemons.
2 quarts of cold water.	Sugar to sweeten.
Whites and shells of 2 eggs.	

Chop the foot into two or three pieces, wash it well, put it into a bright stewpan and cover with cold water ; let it boil, then throw the water away. Cover the foot again with cold water, bring it to the boil, then skim it well. Allow it to simmer gently for eight or nine hours, skimming it occasionally. Strain through a fine sieve, and let it get quite cold. If there is any fat left on it must be removed, or the jelly will not be clear. Put the jelly into a bright stewpan ; add the rind, cut very thinly, from two lemons, and the juice of the three ; add sufficient loaf sugar to sweeten. Whip the whites and shells of the eggs in a little water and pour into the stewpan. Whisk it over the fire until it boils ; then place the lid on and leave it at the corner of the stove, where it will not boil, for fifteen or twenty minutes. Then strain through a jelly bag until it is clear. Wine or spirits may be added

to taste, taking care not to make it too thin. Pour it into a mould that has been rinsed with cold water, and leave until set.

## Plain Orange or Lemon Jelly (*see* p. 369).

### Irish Moss Jelly

$\frac{1}{2}$ oz. of Irish moss.	Sugar to sweeten.
1 quart of milk.	Vanilla.

Well wash the moss and soak it for a night in cold water. Drain it from the water and place it in a stewpan with the milk and a piece of vanilla pod, let it simmer gently for twenty minutes, stirring occasionally; sweeten to taste, then pour it through a strainer, pressing it well with a spoon. Turn it into a wetted mould, and allow it to get quite cold. Serve on a glass dish.

Any other flavouring may be used instead of vanilla.

### Rice Jelly

2 ozs. of rice.	Cinnamon.
1 $\frac{1}{2}$ pints of cold water.	Sugar.

Well wash the rice, place in a bright pan with the water and about an inch of cinnamon stick, let it boil gently for one and a half hours. Add sugar to taste. Strain and pour it into some small moulds that have been rinsed out with cold water. When set turn them out.

This jelly is suitable for a person recovering from diarrhœa.

It makes a nice sweet served with jelly, jam, or custard.

### Lemonade

1 lemon.	A little loaf sugar.
1 pint of boiling water.	

Wipe the lemon and peel it very thinly; then cut all the white part away, slice the lemon, and put into a jug with the peel and about four or five pieces of loaf sugar; pour the boiling water over, cover, and let it stand until cold, then strain it.

## Barley Water

2 ozs. of barley.  
2 slices of lemon.

| 3 or 4 pieces of sugar.  
1 quart of water.

Wash the barley, cover with cold water, and boil; strain, and return the barley to the saucepan with the quart of water; boil gently for ten minutes. Put the lemon and sugar into a jug, pour the barley and water over. When cold strain it.

For thin barley water, cover the barley with cold water and boil; strain the water from it; place the barley in a jug with the sugar and lemon, pour over one and a half pints of boiling water; let it stand to cool, then strain it.

## Toast Water

1 thick slice of toast.

| 1 pint of boiling water.

Toast the bread rather slowly all over till of a brown colour, but do not burn it; place it in a jug and cover with the boiling water; let it stand until it is cold, then strain for use.

## Iceland Moss Tea

$\frac{1}{2}$  oz. of Iceland moss.

| 1 quart of cold water.

Place the moss in a pan, cover with cold water, bring it to the boil, strain the water from it. Put the moss back into the saucepan with the quart of water, allow it to boil; then simmer gently for twenty minutes, strain it, and warm as required. This is an excellent drink for those suffering from weak chests. If too bitter, it may be diluted with more water.

## Apple Tea

1 lb. of cooking apples.  
1 qt. of boiling water.

| Loaf sugar.

Wash, quarter, and core the apples, slice them into a jug, pour over them the boiling water, stand the jug covered over in a saucepan containing some boiling water, for twenty minutes, add a little sugar, let the apples stand in the water to cool, for two or three hours. Strain for use.

If preferred, the apples may be left whole, washed, cored, and baked, placed in a jug and the boiling water poured over, sweetened, covered, and left for three hours before straining.

## An Excellent Tonic

4 new-laid eggs.	Juice of 3 lemons.
4 ozs. of castor sugar.	3 gills of milk.
$\frac{1}{2}$ pint of brandy or rum.	

Wash the eggs, place them in a basin and cover with the lemon juice ; let them soak for three days ; the shells will have dissolved by that time. The fourth day beat them up well with the brandy or rum. Boil the milk, add the sugar, and let it get quite cold ; then strain the other mixture into it, mix and pour it into a bottle and cork. It will keep good for about two months.

A wine-glassful can be taken three times a day.

The following dishes are also suitable for convalescents :—

Milk soup.	Cornflour blancmange.
Mutton broth.	Custard shape.
Fillets of soles à la Maître d'Hôtel.	Lemon sponge.
Fish pudding.	Omelet soufflée.
Oyster soufflée.	Semolina pudding.
Fricassée of chicken.	Steamed tapioca.
Fricassée of rabbit.	Tapioca or sago pudding.
Collops.	Wine jelly.
Stewed tripe.	Madeira cake.
Blancmange.	Snow cake.
Boiled batter pudding.	Sponge cake.

## CHAPTER XXI

### TEA, COFFEE, AND COCOA

THE non-alcoholic beverages, as tea and coffee, which come under the heading of "Accessories," owe their chief value to an alkaloid, theine and caffeine. These are nearly identical, and belong to a class which include strychnine and quinine. It is the theine that gives to tea its restorative properties. It excites the brain to greater activity, and acts upon the nerves which control the heart, causing it to beat quicker; the circulation of blood through the system is increased, the cold dry skin becomes warm and moist. Therefore in winter tea may be taken to make one warm; in summer, when the body is not so well covered with clothes to keep in the heat, the increased supply of blood to the surface at first makes one feel very warm, but much of the heat is lost in the excessive perspiration. Thus, when a well-made cup of tea is taken, the exhausted body feels refreshed and strengthened.

Tea often decreases the desire for food; it gives a feeling of soothing or satisfaction without actually nourishing the body, and encourages many of the poor to take tea in place of more nourishing food. Tea is often beneficial for aged people, who, as a rule, do not digest food as fast as the body wastes; tea, in their case, arrests the wear and tear of the body.

Another important principle in tea is a volatile oil, which is very powerful; although there is only 0.4 per cent. of this oil, it gives the aroma or flavour to tea, and acts upon the nerves. When tea is taken in excess, tremblings and sleeplessness often occur, chiefly due to this oil.

Another very soluble matter is tannin, of which, on an

average, there is 14 per cent. in tea leaves. It is an astringent ; it hardens the lining of the stomach, and is the cause of indigestion and constipation. It has the power of precipitating or undoing the work of digestion in the stomach ; hence it should not be taken soon after a full meal.

The tea leaf contains other matters, as albuminoids and cellulose, but as the leaves are not eaten and the liquid should not brew, these cannot be considered.

Tea should be an infusion, not a decoction. To make a good cup of tea, water must be boiling to fully extract the aroma and the theine ; the latter is only soluble in water at  $212^{\circ}$  Fahr. (the boiling point of water). Tannin will be extracted even in hot water, so tea should never stand long with the leaves. Water moderately soft and just boiling is best for making tea ; if the water has boiled for a long time it becomes flat, and the tea will not be of such a good taste, and it may extract more tannin, as soft water is a greater solvent than hard. As some of the best properties of tea cannot easily be extracted with very hard water, it has led some to put a little soda or a piece of sugar in the teapot, with the idea of drawing the goodness out ; but this is not to be recommended.

The teapot should be rinsed out with boiling water before the tea is put in, to ensure the temperature of the water not being lowered, as the essential principles can only be dissolved out at  $212^{\circ}$  Fahr. The tea should draw from five and not more than seven minutes. If second cups of tea are required, it would be better to pour the liquid into another warmed teapot, to prevent more of the bitter tannin being extracted.

Milk tea is made by pouring boiling milk on to the tea, allowing it to stand for five minutes. This beverage is very nourishing.

*Coffee.*—As more coffee is mostly used for making this beverage it may have more soluble matter in it than tea, but its chief value is owing to the aromatic oil and caffeine. It contains a small percentage of tannin, 5 per cent., which is slightly altered during the roasting coffee undergoes : it has not the same constipating effects of the tannin in tea. There is a much smaller percentage of the volatile oil in coffee than in tea, and it is produced while roasting the

berry : it has an exhilarating action on the brain. As the aroma of coffee is due to this oil, the coffee, to be in perfection, should be freshly roasted and ground just before making. Coffee contains about 1 per cent. of caffeine, which is similar to theine in tea, stimulating the action of the heart. Coffee is a greater restorative than tea ; it counteracts the stupor from narcotic poisoning. It acts slightly differently to tea on the circulation, for it tends to make the skin dry, while tea moistens it. Coffee also helps the peristaltic action of the intestines, and thus opposes any constipating effects of the tannin.

Coffee is often adulterated with chicory or other vegetable matter. Many consider that it is improved by the addition of chicory—that it has more body. Chicory has none of the beneficial restorative and stimulating properties of coffee, and if used should be bought separately, as a good coffee varies in price from 1s. 6d. to 2s. per pound, while chicory only costs 5d. or 6d. per pound. Some coffees are sold with as much as 60 per cent. of chicory. Coffee, when adulterated, is supposed to be marked on the packet as a mixture of coffee and the adulterant.

Many patent pots are advocated for making coffee, but if the berries are freshly roasted and ground, good coffee can be made perfectly well in a jug. The most usual error is that sufficient coffee is not used. A tablespoonful of coffee should be allowed for each cupful. Place it in a perfectly dry hot jug, pour the boiling water over, cover, and let it stand at the corner of the stove for five minutes, then stir well with a spoon, cover, and let it stand another five minutes, when the grounds will settle at the bottom. The coffee should then be gently poured or strained into the coffee-pot for serving.

Coffee, when served with half milk, is nourishing as well as stimulating.

*Cocoa* is obtained from the seeds enclosed in a pod from a tree, *Theobroma cacao*, a native of the West Indies. Cocoa contains about 1 to 1.50 per cent. of an alkaloid theobromine, similar to theine and caffeine, also 50 per cent. of fat. This fat makes pure cocoa heavy, and rather indigestible to some people. Most of the prepared cocoas have some or all of this fat extracted from them. It also

contains about 10 per cent. of starch ; this, with the sugar so often mixed with cocoa, tends to make it a food to a certain extent, as well as a beverage. Cocoa is not so stimulating as tea and coffee.

Cocoa seeds are roasted, which develops a special flavour, they are then broken up by machinery and separated from the husks. The pieces are known as cocoa nibs, the purest form of cocoa, but not very popular. They require to simmer gently in water for four or five hours, then strained, and the fat removed from the surface. The liquid should be warmed as required. More usually the nibs are ground, some or all of the fat extracted, and sometimes starchy matter and sugar are added. Thus we obtain the many different kinds of cocoas in the market.

If cocoas have had starch added to them, they should be boiled with water or milk, but if pure or only sugar added, they can be made by simply adding the boiling liquid. Pure cocoa will not thicken when boiled.

Chocolate is cocoa freed from fat, ground into a paste, with sugar and flavour added ; starch is often added.

### Iced Tea

4 teaspoonfuls of tea.	Sugar to sweeten.
1 quart of boiling water.	Slices of lemon.

Warm the teapot, put in the tea, pour the water freshly boiled over, and let it stand for five minutes. Strain through a tammy strainer or a piece of muslin. Sweeten or not according to taste. When cool, freeze, similarly to other ices, but it should be just liquid. Place the cream in an ice-cave for an hour. Serve the tea in cups with a spoonful of cream on the tops and slices of lemon, free from pips, with it.

If preferred, it can be served without the cream, or milk and cream may be mixed with the tea before freezing.

### Iced Coffee

1½ pints of clear strong coffee.	6 ozs. of loaf sugar.
½ pint of boiling milk.	1½ gills of water.
½ pint of cream.	1 to 2 tablespoonfuls of brandy.

Boil sugar and water three minutes, skim and mix with

the coffee and milk. Freeze similarly to Iced Tea. Whip the cream and well mix in with the coffee, add brandy. Put into small cups with the remainder of the cream laid on the tops. Coffee and tea can be frozen by placing in a milk can surrounded by ice and salt, or a jug will answer the purpose. If an ice-cave is in use, place the tea or coffee in it, occasionally stirring it.

## CHAPTER XXII

### PRESERVING

FRUIT should be picked in dry weather and be quite fresh and sound, to prevent mould and fermentation. A strong syrup checks fermentation, therefore a large proportion of sugar is necessary. The amount required varies slightly with the kind of fruit, but from three-quarters to one pound of sugar to each pound of fruit is generally found to be sufficient. Loaf sugar is the best for jams.

The pans employed for preserving are enamelled iron or copper. The former is less expensive, but more liable to burn than the latter, but if copper pans are used great care must be taken to keep them perfectly bright.

To prevent the jam from burning, it must be stirred frequently with a wooden spoon; an iron spoon would discolour the jam.

The pan must not be more than about three-parts full, as the jam rises while boiling.

A gas stove is very convenient for making jam, as the heat can more easily be regulated. Commence with a low heat till the juice is drawn out of the fruit and the sugar is dissolved. Then boil rather quickly to evaporate the water from the fruit; the jam is also of a better colour than when boiled slowly. Take the scum off as it rises. The length of time to boil jam is from one to one and a half hours, according to the kind of fruit; if not boiled sufficiently, fermentation will soon set in. To test if cooked enough, put a spoonful on a plate in a cold place for a few minutes, and if it jellies it is done.

Have the jars quite dry and hot. If glass jars be used, stand them while filling on a damp cloth wrung out from hot water, or stand them upon a hot tin to prevent them

from cracking. Fill them with the jam, wipe the rims and the outsides if necessary. Cut some rounds of white paper large enough to well cover the jars, brush the former with white of egg and press them over the jars; or cover with papers specially bought for the purpose; or when the jam is cold, cut some rounds of paper just large enough to cover the jam, dip in brandy and lay them on the jam, and tie parchment paper over the jars.

Should fermentation appear, reboil the jam. Wash, dry, and heat the jars.

If jam is in glass jars, fermentation is seen to commence when small bubbles appear in or on the jam.

If mould appears on top of jam, it must be taken off and the jam reboiled.

Reboiling means a waste of the jam and time used. Therefore when making preserves if care be taken over the details mentioned and they are properly stored, re-boiling will be unnecessary.

Many jams are found improved if the fruit be first gently boiled, until softened with or without water, the sugar warmed on a dish in the oven and then added. The jam will not contain any hard skins as are sometimes noticed in blackberry, gooseberry, and black-currant.

If the pips in jam are irritating, after cooking the fruit pass it through a sieve before adding the sugar. This is an excellent method.

If stoned fruit be used, the stones should be taken out, some cracked, and some of the kernels blanched, skinned, and added to the jam. These will greatly improve the flavour.

All preserves must be kept in a cool, dry, ventilated cupboard or storeroom; if the place is damp they will soon ferment.

The fruit should gently simmer with or without a little water, either in a preserving pan or in a covered jar in the oven, then turned into a jelly bag or a hair sieve, a saucer or plate laid on the fruit with a weight above, and left for some hours to press out all the juice.

Sugar is added according to the strength of the juice. The usual quantity is one pound of sugar to a pint of juice. If too much sugar be added, it turns sticky instead of a

jelly. Boil gently, skimming well to make it clear, until when a little is put upon a plate it will just jelly.

If it be boiled too long a change takes place in the pectose (the matter that enables it to jelly) of the fruit, and it will not jelly. This happens when much water is added to the fruit.

Fruits must not be too ripe for making jellies.

Jellies are potted similarly to jam.

## Bottling Fruit

Small fruit, such as gooseberries, raspberries, and currants, should have the stalks taken off, and should not be bruised. Larger fruit, as plums and apricots, may be cut into halves and stoned, as the heat can then penetrate quicker. The stones may be crushed, and a few of the kernels skinned and added to the fruit; this improves the flavour.

The bottles should be quite dry and warm; fill with the fruit and shake down, as it shrinks while cooling. Most fruits keep better if bottled with a syrup, but some, especially gooseberries, can be preserved successfully with water. The points to be aimed at are to obtain a high temperature throughout the fruit without breaking it, and to keep it air tight. The bottles must be corked before, or while the fruit is at the boiling point, and sealed over with bladder or wax, or both. Sometimes oil or melted lard may be poured over the top of the fruit to exclude the air, then covered with bladder or two thicknesses of brown paper. When preserved by this method the bottles must not be moved about much.

Bottling fruit and vegetables is successfully accomplished and simplified, if one of the various patent bottling apparatus be used. It is the initial outlay which is expensive and deters many from using them. Directions for using these are supplied with the utensils.

Syrup for bottling fruit can be made with one and a half pounds of loaf sugar to one pint of cold water, boil for three minutes, skim well, cover the fruit in the bottles and seal.

The bottles must be placed in a large pan or copper,

with hay packed tightly round each bottle to prevent them from cracking, and must be left in the water until quite cold before removing them.

If covered with bladder, the bladders must be damped with a wet cloth while cooking, otherwise they will probably rise and break. If corks be used these must not be pushed in too tightly until the boiling is finished, but just done before the contents of the bottle go off the boiling point.

Turn the bottles upside down to test if quite sealed.

They keep well if when quite cold the top of the necks of the bottles are dipped in melted wax. Bottle wax can be purchased at oil stores. Mix three parts of bottle wax with one part of bees wax. Break the wax into pieces, place in a jar, stand the latter in a saucepan of boiling water. Stand it on the stove until the wax is melted.

For pickling, the best vinegar should be used ; strong vinegar is specially required for onions or they soon turn soft. Cheap pickles are often made with impure vinegar and colouring matters. Unless reliable brands are bought they are best made at home.

## Strawberry Jam

12 lbs. of strawberries.  
12 lbs. of sugar.

| 3 lemons.

Pick the stalks from the fruit, place it in the preserving pan with the sugar, add the rind of the lemons cut thinly and tied in a bunch. Heat all gently, and when the sugar is dissolved, boil for one and a half hours, stirring and skimming frequently. Ten minutes before it is finished add the strained juice of the lemons.

Test by placing a little on a plate in a cool place ; if it sets it is cooked enough. Fill some jars with the jam, wipe the outsides with a damp cloth. Brush some pieces of white paper over with white of egg and press them over the tops of the jars, or leave the jam until it is cold and tie parchment covers over, which can be bought by the dozen already cut. Leave the jam to get quite cold before putting away in the store cupboard.

If preferred, use, instead of the lemons, the juice of

six pounds of red currants prepared as for jelly (p. 465). Both the currant juice and lemons counteract the sickly sweet flavour of the jam.

Strawberries and rhubarb are also used together for the same purpose. Leave the rhubarb in pieces in the jam.

## Cherry Jam

9 lbs. of Kentish cherries.	9 lbs. of loaf sugar.
5 lbs. of red currants.	1 quart of water.

Stone the cherries and lay them with the sugar. Pick the currants, put them into the preserving pan with the water and let them cook gently from twenty to thirty minutes. Strain through a coarse cloth or hair sieve. Turn the juice into the pan, add the cherries and sugar. Allow to boil, stirring well and skimming. Boil for about one hour, or until a little will jelly upon a plate. Crack some of the stones from the cherries, blanch and skin the kernels, and add when the jam has been cooking for half an hour.

If red currants are not available, add the juice of three large lemons and half a pint of water.

## Apricot Jam

12 lbs. of apricots.	3 lemons.
10 lbs. of sugar.	

Halve the fruit, if large, cut into quarters, take out the stones. Lay the fruit in a pan, the sugar in between and over the fruit, and leave it twelve hours. Crush some of the stones, take out the kernels, blanch them in boiling water, and rub off the skins. Turn the fruit into a preserving pan with the rind peeled thinly from the lemons and tied in a bunch. Stir over the fire. Boil for about one hour, or until a little will set in jelly on a plate. After cooking for half an hour take out the rind, add the strained juice from the lemons, and the kernels. Pot and cover similarly to strawberry jam.

It is a great improvement if the fruit be peeled before mixing it with the sugar.

## Peach Jam

12 lbs. of peaches.		4 lemons.
12 lbs. of sugar.		Pinch of cayenne pepper.
1 pint of water.		

Follow the method as for Apricot jam, adding the water when commencing to boil and the cayenne with the lemon juice.

The hard, unripe peaches may be used for this jam, but it will have a better flavour if the fruit be ripe.

## Raspberry and Red Currant Jam

8 lbs. of red currants.		12 lbs. of sugar.
4 lbs. of raspberries.		

Pick the fruit and place in a preserving pan over the fire until the juice begins to be drawn out, then add the sugar. Boil for about one and a quarter hours, stirring and skimming well. Test and pot as for strawberry jam.

If the raspberries and currants be cooked with one pint of water for half an hour, then passed through a sieve, the pulp returned to the pan with the sugar and boiled until it sets, stirring well, the jam will then be free from pips and skins.

## Gooseberry Jam

12 lbs. of gooseberries.		1½ pints of cold water.
12 lbs. of loaf sugar.		

Pick the gooseberries, place them in a preserving pan with the water ; when they are thoroughly hot add the sugar. Boil for about one and a quarter hours, or until it jellies when tested. Pot as for strawberry jam.

## Plum Jam

12 lbs. of Victoria or egg plums.		9 lbs. of loaf sugar.

Halve the plums, take out the stones, crack a few of them, skin the kernels and add to the fruit. Put the plums and sugar into a preserving pan and boil for about one and a quarter hours. Test and pot as in the preceding recipe.

## Marrow Jam

4 lbs. of marrow (weighed after cut up).	12 chillies, or $\frac{1}{8}$ teaspoonful of cayenne pepper.
4 lbs. of white sugar.	2 lemons.
1 oz. of whole ginger.	Water.

Peel the marrow and take out the soft centre part, cut in small dice. Place in a pan and cover with cold water, and leave for twelve hours, drain, put back into the pan with the rind of the lemons cut into small pieces, and the juice, sprinkle over a third of the sugar, and leave to soak for another twelve hours. Turn the marrow into a preserving pan with the remainder of the sugar. Crush the ginger and tie in a muslin bag with chillies or cayenne, add to the marrow and boil until it becomes transparent. Time, from three to three and a half hours. Tie down as for other jam. This jam improves if kept a few months.

## Rhubarb Jam

12 lbs. of rhubarb.	1 $\frac{1}{2}$ ozs. of sweet almonds.
12 lbs. of loaf sugar.	Rind and juice of 3 lemons.
1 $\frac{1}{2}$ ozs. of bitter almonds.	

Wash and wipe the rhubarb. Cut it into two-inch lengths, put it into a pan with the lemon rind and sugar, let it stand until the next day. Turn it into a preserving pan, add the almonds shredded, and boil quickly from three-quarters to one hour, stirring and skimming it frequently. Test, and pot as for strawberry jam.

## Black Currant Jam No. I

4 lbs. of black currants.	1 pint of water.
4 lbs. of white sugar.	

Pick the fruit, lay it in the preserving pan with the water, and put it on the stove to simmer slowly for half an hour. Place the sugar on a large dish in the oven to warm, add to the fruit, let it come slowly to the boil, then boil quickly, stirring all the time, until a little will begin to jelly on a plate. Skim frequently. Time from three-quarters to one hour. Do not boil too long as this jam becomes very firm.

## Black Currant Jam No. II

6 lbs. of black currants.		1 quart of water.
6 lbs. of white sugar.		

Pick the fruit, put it into the preserving pan with the water. Cook gently for half an hour after it reaches boiling point. Pass it through a coarse wire sieve. Place the pulp back into the pan with the sugar, previously warmed. Boil gently, stirring all the time. Skim when necessary. Directly a little will jelly on a plate, fill the jars. Time from half to three-quarters of an hour.

Making the jam by this method is a great improvement, as it is freed from the tough tops and skins.

## Blackberry and Apple Jam No. I

8 lbs. of blackberries.		9 lbs. of sugar.
4 lbs. of apples.		1 quart of water.

Peel, core, and slice the apples, put with the blackberries in a preserving pan with the water. Let them simmer gently until the fruit is quite soft. Add the sugar that has previously been warmed. Boil until a little will jelly on a plate. Skim frequently. Time to cook with sugar about half an hour.

## Blackberry and Apple Jam No. II

8 lbs. of blackberries.		9 lbs. of sugar.
4 lbs. of apples.		1½ quarts of water.

Quarter, core, and slice apples, do not peel them. Place them with the berries and water in a preserving pan. Cook gently until quite soft. Pass all through a sieve. Turn the pulp unto the pan with the sugar. Boil, stirring all the time, until it jellies. Skim well. Time about half an hour.

Passing the fruit through a sieve is a great improvement, the jam being free from pips.

## Mulberry and Apple Jam

6 lbs. of mulberries.		11 lbs. of sugar.
9 lbs. of apples.		2 quarts of water.

Proceed similarly as for blackberry and apple jam.

## Quince Jam

5 lbs. of quinces.	1 lb. of loaf sugar to each lb.
1½ lbs. of apples.	of pulp.
1½ quarts of water.	3 lemons.

Wash, wipe, and take out the cores from the fruit, slice it thinly. Put it into a preserving pan with the water, let it boil gently until it begins to soften. Time about one hour. Pass all through a sieve. Place the pulp back into the pan, measuring it, add one pound of sugar, previously warmed, to each pound of pulp. Cut the rind thinly from the lemons and tie together with some twine. Allow it to boil until it sets, stirring well. Add the lemon juice when it has boiled for half an hour. Time to boil from three quarters to one hour. Take out the lemon peel. Pot and cover.

The addition of the apples is a great improvement, but if preferred, it can be made with only quinces.

## Green Tomato and Banana Jam

4½ lbs. of green tomatoes.	¼ oz. of whole ginger.
18 bananas.	6 chillies.
4 lbs. of loaf sugar.	3 large lemons.

Wash, stalk, and slice the tomatoes. Peel, and thinly slice the bananas, also the ginger. Cut the chillies. Thinly slice and chop the lemon peel. Place the ingredients in a pan, mix and cover with the sugar crushed. Leave to soak twelve hours. Turn all into a preserving pan, add the lemon juice. Stir with a wooden spoon over the fire until it boils. Boil gently for about one hour, or until it sets. Pot similarly to other jams.

## Apricot Jam from Dried Fruit

7 lbs. of dried apricots.	Rind and juice of 2 lemons.
6 quarts of water.	12 small bitter almonds.
12 or 13 lbs. of loaf sugar.	

Cover the apricots with cold water for three or four minutes, then well wash and take off any stalks, drain them. Cover with the measured water and let them soak for two days. Turn them into a preserving pan with the

water and let them boil gently, for about one hour, until the apricots are quite soft, stirring frequently. Add the sugar and lemon peel finely chopped, let it boil, stirring all the time until it begins to set. Skim well. Time, about three quarters of an hour after adding the sugar. Just before it is finished add the lemon juice, and the almonds, skinned and shredded. Finish as for other jam.

### Orange Marmalade

12 Seville oranges.  
3 lemons.

8 lbs. of loaf sugar.  
4 quarts of cold water.

Slice thinly the oranges, taking out the pips. Soak the oranges in the water for twenty-four hours; then turn all into a preserving pan, and boil gently for one and a half hours. Leave for twelve hours. Add the sugar, and boil for another one and a half hours, stirring and skimming well. Add the juice of the lemons half an hour before finishing. Test, and pot as for jam. If the marmalade be preferred tart, the pips may be soaked in some water, and the water added with the sugar.

### Tangerine Marmalade

5 lbs. of tangerines (about  $2\frac{1}{2}$  to  $3\frac{1}{2}$  dozen).  
7 lbs. of preserving sugar.

3 lemons.  
Water.

Wash the oranges, place them in a preserving pan, cover with cold water, and boil them until quite soft. Time, about one and a half hours. Let them cool in the water. Drain and divide the oranges into four, take out the pulp, freeing it from the pips. Cut the peel into very fine shreds. Measure the water from the oranges, allowing one quart for each pound of orange, weighed before cooking. Turn it into a preserving pan with the pulp and peel of oranges, the sugar and rind grated from the lemons. Stir it over a slow fire until the sugar is melted, then boil until the marmalade will jelly on a plate. Time about three-quarters to one hour. Add the juice from the lemons a quarter of an hour before it is finished. Pot similarly to jams.

## Red Currant Jelly

10 lbs. of red currants. | Loaf sugar.

Stalk the currants, place them in a brown jar. Stand the jar in a tin containing boiling water in the oven until all the juice is drawn, the oven must not be very hot; or the currants may be put in a preserving pan with one pint of water, stir them occasionally until the juice is drawn out. Strain them through a hair sieve, muslin, or jelly bag. Measure the juice and to each pint add one pound of loaf sugar. Turn it into the preserving pan, stir until the sugar is dissolved. Boil until when a little is poured on to a plate it will jelly. Time about twenty to thirty minutes. Skim the jelly. Pot similarly to jams.

## Apple Jelly

9 lbs. of apples. |  $\frac{3}{4}$  lb. of loaf sugar to each pint of  
6 pints of water. | juice.  
2 lemons.

Wash the apples, quarter and core them, cut each quarter again if large, place them in a preserving pan with the water. Let them simmer gently until the apples are soft, but not mashed, about three-quarters of an hour, then turn them into a jelly bag or hair sieve. When all the juice has run through, measure, and take sugar in the above proportion, place in a preserving pan with the lemon juice strained, the rind peeled thinly, and tied together with a piece of white twine. Boil it quickly, skimming well until it sets when put upon a plate. Time, from half to three-quarters of an hour. Turn into small pots and tie down.

## Gooseberry Jelly

6 quarts of gooseberries. | About 5 or 6 lbs. of loaf sugar.  
About 3 quarts of water.

Trim and wash the gooseberries, place them in an enamelled pan with the water, it should barely cover them. Let it simmer gently on the fire until the gooseberries crack, about thirty minutes, then strain through a hair sieve, place a plate on top with a weight to press all juice through. Measure the juice into a preserving pan, and to

each pint add one pound of loaf sugar, place it over a slow fire until the sugar is melted, then allow it to boil, removing the scum as it rises, until when a little is put on a plate and left in a cool place it will jelly. Time, about half an hour.

Gooseberry jelly must not be very stiff at first, as it stiffens with keeping.

### Crab Apple Jelly

Crab apples.  
Water.

| Sugar.

Pull off the stalks, wash and drain the apples. If large cut them across. Put them in a preserving pan with about one pint of water to each quart of apples or enough to just cover them. Let them simmer gently until the apples are tender, then drain them through a hair sieve, putting a plate, with a weight on it, on top. Measure the juice and to each pint allow one pound of loaf sugar. Boil it until a little will jelly on a plate. Skim well.

The juice of a lemon to each three pounds of sugar is sometimes considered an improvement.

### Black Currant Jelly

6 lbs. of black currants.  
 $1\frac{1}{2}$  pints of water.

| 1 lb. of loaf sugar to each pint of juice.

Pick the stalks from the fruit, put the currants into a jar with the water, cover with a lid, and cook in the oven until the juice is extracted. Or the fruit and water can be placed in a preserving pan and cooked gently on the stove until the juice is extracted. Time, about half an hour. Strain it through a hair sieve, place a plate on the fruit with a weight on top and leave two or three hours. Measure the juice and pour into the preserving pan, allowing one pound of sugar to each pint of juice. Boil quickly, until a little will jelly upon a plate. Pot and fasten down.

### Blackberry and Apple Jelly

6 lbs. of blackberries.  
3 lbs. of apples.

| Sugar.  
2 quarts of water.

Pick the berries; wipe the apples, quarter and take out the cores, cut into thin slices. Place the fruit in a

preserving pan and barely cover with water. Boil gently until the fruit is quite soft. Strain and finish similarly to black currant jelly, allowing three quarters of a pound of sugar to one pint of juice.

### Mulberry and Apple Jelly

6 lbs. of mulberries.	2 quarts of water.
6 lbs. of apples.	Sugar.

Follow the method as for blackberry and apple jelly.

### Quince Jelly

5 lbs. of quinces.	4 lemons.
$\frac{3}{4}$ lb. of loaf sugar to each pint of juice.	About 4 quarts of water.

Wash, wipe, and quarter the quinces, take out the cores. Slice thinly the fruit, lay it in a preserving pan and well cover with the water. Boil it gently until soft. Strain through a hair sieve, put a plate on the fruit with a light weight on top to press the juice through. Leave for two or three hours. Measure the juice, add three quarters of a pound of sugar to one pint of juice, and the juice from the lemons. Boil until a little put upon a plate will jelly. Quinces must be quite ripe, otherwise they will not jelly.

If quince jelly and jam are required, it is an economical plan to pare the quinces, cut out the cores, slice the fruit and use for the jam; this will not require to be passed through the sieve, if mashed while cooking. Use the parings with the hard parts from the fruit adding two or three whole quinces for the jelly. If some apples be used, treat similarly to the quinces.

### Bottled Fruits (without Sugar) No. I

Fruit.	Mutton fat, lard, oil, or paraffin
Bottles.	wax.
	Boiling water.

Take the stalks off the fruit, care must be taken that the fruit is not broken. Make the bottles very hot in the oven, fill with the fruit, put back in the oven in order to

heat the fruit, take out and fill up to within an inch and a half from the tops with boiling water to cover the fruit, pour in gently some liquid fat ; let the bottles stand until the fat is set. Cover the tops with paper and keep in a dry place. If salad oil be used care must be taken not to move the bottles about much in case the water comes above the oil. To prepare the mutton fat, cut it into small pieces, place in a pan or jar, and stand it in a pan of boiling water on the stove until the fat is melted, then strain it.

This is an excellent method for those who have small gardens, as one bottleful can be done at a time as the fruit is ready.

### Bottled Fruit (Plums or Apricots)

Plums or Apricots.		Corks or bladders.
Syrup, proportion 1 lb. of		
loaf sugar to 1 pint of water.		

Make the bottles quite hot. Boil the sugar and water for ten minutes, put in sufficient plums to fill one bottle, let them remain in the syrup on the fire until the skins begin to crack, lift them out with a spoon and drop into a hot bottle, cover with some boiling syrup, and cork or cover immediately. Continue bottling the remainder in the same manner. When cold, put away in the store room.

This is much simpler than the following method, and the fruit will keep splendidly if they are covered while the contents are at boiling point.

### Bottled Fruit No. II

Fruit.		Wide-necked bottles. Corks.
Syrup made in the proportion		
of 1½ lbs. of loaf sugar to 1 pint of water.		

Place the water and sugar together in a pan over a slow fire until the sugar is melted, then let it boil for three to five minutes, skim well. Have some perfectly dry bottles. The fruit for bottling should be gathered on a dry day, and should be quite sound ; take off stalks ; if plums, apricots, or other large-stoned fruit, they should be wiped, cut into

halves, the stones cracked, the kernels blanched and skinned, and a few of them put in with the fruit. Fill the bottles up to the necks with fruit. Pour in the syrup to just cover the fruit. Cork the bottles or tie over the necks with some bladder. Place the bottles in a large pan or boiler, with some hay well packed round and between each bottle to prevent them from breaking while cooking, fill up the pan reaching to the necks of the bottles, with cold water. Let the water come gently to the boil, then simmer for a quarter of an hour for small fruit, such as cherries, raspberries, currants, etc., twenty-five to thirty minutes for large fruits.

If the bottles are covered with bladder it may be necessary to occasionally damp them, if they puff up, to prevent them from bursting; this may be done with a wet dishcloth. When cooked, if possible, turn off the heat without removing the pan, let the bottles remain in the pan until the water is quite cold, then lift them out and turn them upside down to test if there be a leakage; if there be, it must be brought to the boil again and re-covered in the pan. If to be waxed, the wax must be warmed, hold the bottle neck downwards in the wax, let it drain. Wipe the bottles and place in the store room.

Very juicy fruits, such as strawberries, may be put into medium-sized bottles, a quarter of a pound of good castor sugar shaken in with the fruit and finished off as above.

### Gooseberry Chutney

3 quarts of gooseberries.  
3 lbs. of onions.  
2 lbs. of raisins.  
1 lb. of currants.  
1 lb. of Demerara sugar.

2 ozs. of green ginger.  
 $\frac{1}{4}$  oz. of chillies.  
1 tablespoonful of salt.  
2 quarts of vinegar.

Pick the stalks from the gooseberries, wash and dry them. Skin and chop finely the onions, stone and chop the raisins, chop the ginger and chillies. Place all the ingredients in a pan, cover with a tightly fitting lid, and simmer gently for six or seven hours, stirring occasionally. Put it into bottles, cork, or cover with bladder. This chutney may be used at once, but it is better if kept a month or two.

## Apple Chutney

4 lbs. of apples.	4 ozs. of almonds.
3 lbs. of tomatoes.	$\frac{1}{2}$ oz. of whole ginger.
2 lbs. of onions.	1 tablespoonful of salt.
1 lb. of brown sugar.	3 pints of vinegar.
6 ozs. of stoned raisins.	2 dozen chillies.
4 ozs. of sultanas.	

Shred the almonds, chop the raisins, onions, and chillies, slice the apples, and cut the tomatoes small. Put all the ingredients in a large pan, stand it on the stove ; let it boil for five minutes, then simmer for seven hours. Bottle it, and cork tightly. This can be used at once, but it is better if kept for a week or two.

## Green Tomato Chutney

7 lbs. of green tomatoes.	3 pints of vinegar.
2 teaspoonfuls of mustard seeds.	$\frac{1}{2}$ lb. of onions.
2 ozs. of whole ginger.	6 garlicks.
2 lbs. of Demerara sugar.	24 cloves.
3 tablespoonfuls of salt.	24 pimentos.
	12 chillies.

Pick, wash, and dry the tomatoes, cut them into small pieces, place them in a pan, sprinkling the salt between and over them ; leave them until the next day, then drain. Place the tomatoes in an earthenware or enamelled pan ; crush the ginger and other spices, cut the onions and garlic very small, add all the ingredients to the tomatoes. Place the pan on the stove, cover, and when the contents reach boiling point, place it at the corner of the stove or in a moderate oven to simmer slowly for five hours, stirring once or twice during the time. When slightly cool, pour it into wide-necked bottles, cork or cover over with bladder, and tie tightly. It is better if kept a fortnight before using.

## Jamaica Chutney

4 lbs. green tomatoes.	$\frac{1}{2}$ oz. of whole ginger.
2 lbs. bananas (peeled).	12 chillies.
1 lb. Demerara sugar.	12 peppercorns.
$\frac{1}{2}$ lb. onions.	12 cloves.
1 teaspoonful of mustard seed.	12 pimentos.
1 quart of vinegar.	Handful of salt.

Pick, wash, and dry tomatoes, cut them into small pieces ; place them in a basin, sprinkle the salt over them

and leave until the next day, then drain them in a colander. Skin the bananas, cut them into thin slices, place tomatoes and bananas in an earthenware pan, add the sugar and the onions cut small. Crush all the spices, and put in with the vinegar. Cover the pan and place it where the contents can simmer slowly for five or six hours, stirring occasionally. Bottle it when cool.

### Pickled Onions

3 quarts of onions.  
Salt.  
1 quart of strong vinegar.

$\frac{1}{2}$  oz. of peppercorns.  
 $\frac{1}{2}$  oz. of whole ginger.

Cover the onions with boiling water, which renders them easier to skin. Skin and place them in a pan. Boil two quarts of water with half a pound of salt, and when cold pour over the onions; let them remain until next day. Drain and wipe them, fill some bottles up to the necks with the onions. Boil half a pint of the vinegar with the peppercorns, and the ginger cut up, for five minutes; then let it get quite cold; mix with the remainder of the vinegar, cover the onions with it, and tie over with two or three thicknesses of brown paper; and keep at least one month before using. Silver skins are the best onions for pickling.

### Pickled Walnuts

Walnuts.  
2 ozs. of peppercorns.  
 $\frac{1}{8}$  oz. of mace.  
 $\frac{1}{2}$  oz. of allspice.  
1 oz. of mustard seed.

6 bay leaves.  
2 onions.  
1 stick of horseradish.  
2 quarts of vinegar.  
Salt.

Choose the walnuts at the end of June or July, when a needle will pass easily through them. Prick each walnut in six or seven places. Make a brine with one pound of salt to a gallon of water. Cover the walnuts with the brine, and let them remain in it for five days. Drain them, and place in the sun, spread out on trays or dishes, until they turn black—about two or three days. Scrape the horseradish, and place in a pan with the spices, onions, and vinegar; boil for five minutes, and then let it get quite cold. Fill a jar with the walnuts, and well cover with the vinegar. Cover the jar with a lid and several thicknesses of brown paper, and leave them for about six months. Look at

them once or twice, and if the vinegar does not cover the nuts pour some more cold boiled vinegar over.

## Pickled Cabbage

1 large red cabbage.	20 cloves.
$\frac{1}{4}$ oz. of peppercorns.	$\frac{1}{2}$ lb. of salt.
$\frac{1}{4}$ oz. of whole ginger.	1 quart of vinegar.

Choose a firm, heavy cabbage, cut away the stalk, and pull off the outside leaves. Cut across into about six portions, remove the thick centre stalk, and shred the cabbage. Spread it out on a large tray or dishes, sprinkle it well with salt, and leave for twenty-four hours. Turn it into a colander, put a plate with a weight on the top, in order to press out the water, turn it on to a cloth to dry it. Fill some bottles with the cabbage. Bruise the ginger, and put into a stewpan with the cloves, peppercorns, and a little of the vinegar; boil for five minutes. When cold mix it with the remainder of the vinegar, and fill the bottles with it. Cover with two thicknesses of brown paper, and tie tightly. Leave for three weeks before using.

## Mixed Pickles

Cauliflower.	Salt.
Cucumbers.	2 quarts of vinegar.
Small onions.	1 oz. of peppercorns.
Shallots.	1 oz. of whole allspice.
Beans, young.	1 oz. of turmeric.
Cabbage.	2 ozs. of mustard.
12 chillies.	1 garlic.

Cut the cauliflower into small sprigs, the cucumber into convenient sized pieces, top and tail the beans, peel the onions and shallots. Cut the close hard part of a cabbage into strips. Lay all these on big dishes and well cover with salt, leave for five or six hours. Then drain and dry them as much as possible. Spread the vegetables out to dry on a tray with a cloth on it, and leave for three days. Put the vegetables mixed with the chillies in a stone jar. Pour three pints of the vinegar in a pan with the peppercorns, allspice, turmeric, and garlic sliced. Boil this for five minutes, pour it boiling in the jar over the vegetables and cover with a plate or saucer. Mix the mustard smoothly with a gill of the vinegar; boil the

remainder and pour it in, stirring well. Mix it with the pickles in the jar. When all is quite cold cover it with a bladder or cork it tightly. In four or six months they will be ready.

If preferred, a brine can be made, with water and sufficient salt, in which an egg will float. Let it boil, place in the vegetables, except the onions or shallots, and allow them to boil for one and a half minutes. Drain and lay out to well dry. Finish as above. By this method they will be ready to eat in a month or six weeks.

### Apple Pickle

6 lbs. of cooking apples.	12 chillie pods.
2 lbs. of Demerara sugar.	4 onions.
$\frac{1}{2}$ oz. of whole ginger.	$1\frac{1}{2}$ pints of vinegar (about).
$\frac{1}{4}$ oz. of cloves.	Teaspoonful of mustard seeds.

Peel, core, and cut the apples into quarters, or into eight pieces if large. Chop the onions, place them in a pan with the sugar, ginger bruised, mustard seeds, chillies, cloves, and vinegar, and allow them to boil for a quarter of an hour, then add the apples, and simmer slowly for another quarter of an hour, or until the apples are tender but not broken. Add a little more vinegar, if necessary, to cover the apples. Turn the pickle into jars, when cold tie bladder or paper over. This pickle is best kept for a week before using.

### Pickled Plums

1 quart of vinegar.	1 blade of mace.
2 lbs. of loaf sugar.	2 bay leaves.
1 large stick of cinnamon.	4 or 5 lbs. of small plums.
12 cloves.	

Put the vinegar with the spices in a stewpan, and boil for five minutes. Choose the plums quite sound and not very ripe, pick off the stalks; place a layer of plums in the vinegar, boil for two minutes; lift them out carefully with a spoon and place in a jar; treat the remainder of the plums in the same manner. Skim the liquid and pour over them, and tie the jar over with a bladder to keep airtight. Keep them a month before using.

Damsons make an excellent pickle.

## Pickled Beetroot

Cooked beetroots.		1 oz. of peppercorns.
To each pint of vinegar use—		$\frac{1}{8}$ oz. of cloves.
1 blade of mace.		Dessertspoonful of salt.

Boil the spices in the vinegar, allow it to cool. Skin and slice the beetroot. Well cover it with the vinegar and spice. Cover with bladder. A little scraped horse-radish added to the beetroot is a great improvement.

## Pickled Nasturtiums

Nasturtiums.		20 allspice.
2 tablespoonfuls of salt.		To each pint of vinegar.
1 blade of mace.		

Gather the nasturtiums in dry weather. Allow them to stand on a tray or dish in a warm kitchen for three days. Pack them into a dry bottle. Boil the vinegar with the other ingredients; when cold cover the nasturtiums. Cork or tie over with a bladder. In a month they can be used, but will keep a long time, if kept covered with vinegar.

Use in place of capers and to mix with salads.

## Pickled Mushrooms

6 lbs. of mushrooms.		1 large blade of mace.
$\frac{3}{4}$ oz. of peppercorns.		Vinegar.
20 allspice.		Salt.

The large button mushrooms are the best for pickling, before they turn black inside. Cut off the ends of the stalks and rub the outsides of the mushrooms with a piece of flannel and salt, wash, drain, and let them dry. Place them in a big pan, it can be a shallow one, bruise the peppercorns and allspice, add them with the mace, place the cover on the pan, set it on the fire until the juice flows from the mushrooms, then take off the cover and let them boil until they are nearly dry. Cover them with vinegar, let them thoroughly boil, skim if necessary. Turn them into dry, hot wide-neck bottles or jars; when cold cork them, or tie a bladder over the tops, or two thicknesses of brown paper over one of white. They will keep for two or three years.

## Mushroom Ketchup

4 or 5 lbs. of large black mushrooms.	2 blades of mace.
$\frac{1}{3}$ oz. of cloves.	3 tablespoonfuls of salt.
$\frac{1}{4}$ oz. of pepper.	1 garlic.
$\frac{1}{4}$ oz. of ginger.	4 ozs. of shallots.
	$\frac{1}{4}$ oz. of allspice.

Wash and drain the mushrooms. Lay them in a pan, sprinkle the salt over and break them. Leave for two days. Turn them into a coarse cloth and squeeze the liquor from them. Put the liquor in a saucepan with the shallots and garlic chopped finely, and the spices. Simmer for three-quarters of an hour or until it has reduced to three-quarters the quantity. Skim well. When quite cold, bottle.

## Tomato Sauce for Storing

6 lbs. of tomatoes.	2 ozs. of salt.
$\frac{1}{2}$ lb. of Demerara sugar.	$\frac{1}{4}$ oz. of chillies.
$\frac{1}{4}$ lb. of garlic.	$\frac{1}{4}$ oz. of white pepper.
$\frac{1}{4}$ lb. of shallots.	1 quart of vinegar.
$\frac{1}{4}$ lb. of flour.	

Wash, pick, and cut into halves the tomatoes, place them in a china or enamel pan. Add a teacupful of water. Cover and cook gently in the oven until the skins are loosened. Time, about twenty to thirty minutes. Pass them through a wire sieve and return to the pan. Peel and finely chop the garlic and shallots. Chop the chillies. Add the ingredients to the tomato pulp, with the pepper, salt, sugar. Place the pan covered over in a moderately heated oven to cook gently for three-quarters of an hour. Mix smoothly the flour with some of the vinegar, well stir it into the mixture. Add remainder of the vinegar and let it boil fifteen minutes.

If not a good colour, add some carmine or cochineal.

## Worcester Sauce

2 ozs. of garlic.	$\frac{1}{4}$ oz. of mace.
6 ozs. of shallots.	$\frac{1}{2}$ pint of Indian soy.
$\frac{1}{2}$ oz. of black pepper.	$\frac{1}{2}$ pint of walnut liquor or ketchup.
$\frac{1}{4}$ oz. of cayenne.	1 quart of vinegar.
$\frac{1}{4}$ oz. of cloves.	

Put the cloves and mace into a mortar and crush them. Peel and pound the garlic and shallots, or they may be

chopped. Turn all the ingredients into an earthenware jar, cover and leave it for two weeks. Boil for twenty minutes. Strain, when cold, bottle. More vinegar may be poured over the remains, leave for two weeks. Boil and strain. Use this for flavouring stews, etc.

## Preserved Beans

Scarlet runners or French | Salt.  
beans.

Gather the beans before they become stringy. Cut the tips off each end. Put a layer in an earthenware pan, sprinkle over with salt, add another layer and more salt, always leaving salt on the top. When full, cover with two thicknesses of brown paper and place the cover on. Keep in a cool place.

The pan need not be filled at the one time.

When required for use take the necessary quantity, wash well in cold water, and leave them to soak in fresh cold water for one hour. Cut them up as required, and cook them in plain boiling softened water until tender. Time, fifteen to twenty minutes.

## Dried Parsley

Well wash and pick the big stalks from the parsley. Shake it in a cloth to dry. Lay some white paper on a tray or baking tin. If the weather be warm place it outside to dry, but not in a very sunny place, or it will not keep so green. Turn it about occasionally, and when thoroughly dry and crisp rub it through a sieve and keep corked in a bottle. If not convenient to dry it outside, place it on a plate rack over the stove, but it must not be very hot or the colour will be spoilt.

## Aromatic Spice

$\frac{1}{2}$  oz. each of marjoram, thyme,  
and basil.

$\frac{1}{4}$  oz. each of winter savoury  
and bayleaf.

$\frac{1}{4}$  oz. each of peppercorns, nut-  
meg, cloves, and mace.

$\frac{1}{8}$  oz. of cayenne pepper.

2 cloves of garlic.

Grated rind of 1 lemon.

Chop the garlic, put into a mortar with all the other ingredients, well pound them and pass them through a

fine sieve. Keep in an air-tight bottle or tin. Use for galantines, pies, and made-up meat dishes.

Proportion, about half a teaspoonful to one pound of meat.

### Netted Cheese

Milk.  
Rennet.

| 1 oz. of salt to each 4 lbs. of  
| curd.

This cheese should be started early in the morning. Heat the milk to 90° F., not more. Stir in sufficient rennet to curdle it. Let stand without disturbing for one and a half hours. Place a cheese cloth on a sieve, then lift the curd gently on to the cloth, lift the corners of the cloth to help to drain out the whey. Tie the cloth over the curd, and hang up till it stops dripping. Untie, and gently break up the curd, hang it up again; and do this several times during the day. In the evening break it up again, gently mix in the salt with the fingers. Place the curd in a dry butter cloth, lay it inside a string bag, press it tightly into the net, hang it up in the kitchen or a moderately warm room for a week; occasionally during the week prick it through with a knitting needle to let out any moisture. At the end of the week take it out of the net and hang it up till used. It will keep three or four months.

This cheese can be pressed if preferred.

### Preserved Eggs

To keep eggs from the early summer for winter use, some means must be adopted to keep air from entering the shells.

1st. An excellent, simple, and not expensive method is to use waterglass. This has the directions for use with the packets.

2nd. To preserve in lime.

2 quarts. of slaked lime.  
2½ gallons of water.

| 1 quart of salt.  
| ¼ oz. teaspoonful boracic acid.

Mix the lime, salt, and water well together, let it stand for two days, until most of the solid matter is dissolved. It must be stirred occasionally. Let it settle, then strain

off the clear part. Rub the acid down in a cup with a little of the liquid, when dissolved add it to the other.

For all methods the eggs must be as fresh and clean as possible.

Lay the eggs in the liquid and allow the liquid to be two or three inches above the eggs.

3rd. If only a few eggs are obtainable they can be kept for a few months after they are laid, they are covered all over with vaseline and stood in an egg rack, or box with divisions, to keep them from touching each other, taking care that the fat does not get rubbed off.

4th. Lard can be used instead of vaseline.

5th. They can be laid in a box with at least an inch of salt under, round, and over them.

To boil eggs that have been preserved it is better to put them on in a pan of cold water, then let them come gently to the boil. They will be softly cooked when just boiling.

Pricking them with a needle before boiling will also prevent them from breaking.

## Pickled Samphire

Samphire.

To 1 quart of vinegar add—  
20 allspice.

30 peppercorns.  
 $\frac{1}{2}$  oz. whole ginger bruised.  
Small piece of mace.

Well pick over the samphire, remove any seaweed. Wash, drain, and lay it in the sun to dry for two days, or it can be dried indoors standing it in a draught, or on a stove plate rack, if the latter be only just warm. Place it in a jar with the spices and well cover it with vinegar. Place a cover on the jar, and put it in a slow oven to simmer gently until the samphire is quite tender, and could easily be removed from the stalks. Pour in more vinegar as required to keep it covered. When cooked and cold, tie a bladder or several thicknesses of brown paper over. It will keep several years.

## CHAPTER XXIII

# HOME-MADE WINES AND BEVERAGES

### Lemonade

1½ lbs. of loaf sugar.	Rind of 2 lemons.
1 oz. of Nelson's citric acid.	1 quart of boiling water.

Cut the rind very thinly from the lemons and place in a jug with the sugar, pour the boiling water over it, cover with a plate and let it stand until it is nearly cold, then mix the acid with a little hot water and pour in, stir well, and let it remain until quite cold. Strain and bottle it. Use one tablespoonful or more to a glass of cold water. It will keep about a fortnight if bottled and corked.

### Gingerbeer

2 lbs. of loaf sugar.	1 oz. of yeast.
1½ ozs. of whole ginger.	2 large lemons.
1 oz. cream of tartar.	3 gallons of water.

Peel the lemons thinly, cut the ginger into small pieces, place in a pan with the sugar and water, let it boil, then pour into a pan with the lemon juice and cream of tartar, let it cool. Spread the yeast on a slice of toast and lay on the top of the gingerbeer, leave it covered over until the next day. Skim it well, and strain, leaving the sediment behind. Bottle and cork it, tie the corks on with string or wire. It is ready to drink in two or three days.

### Gingerette

2 lbs. of Demerara sugar.	¼ oz. of essence of capsicum.
½ oz. of Nelson's citric acid.	1d. of burnt sugar.
¼ oz. of essence of ginger (mild).	1 quart of boiling water.

Place the sugar in a basin, pour over it the boiling water, stir occasionally until the sugar has dissolved, mix the

citric acid with a little warm water and pour in with the essences, stir well, adding sufficient browning to make it a pale golden colour when mixed with water. When quite cold, strain and bottle it. Use about a tablespoonful to a glass of cold water. In the winter boiling water may be added to make a hot drink.

### Fruit Syrups Iced

1 lb. of raspberries.	1 to 1½ lbs. of sugar.
2 lbs. of red currants.	2 quarts of water.

Wash the currants, the stalks need not be taken off. Place them in a stewpan with one pint of water and the sugar. Boil for ten minutes. Bruise the raspberries, and pass through a fine sieve, then pass the currants through. Add sufficient boiled water to dilute it to taste. If not tart enough add a little lemon juice. Stand it in a can or jug surrounded by ice and salt mixed.

The mixture may be served without the extra water. Then soda water can be added when required.

Any kind of fruit may be used for making these drinks.

### Claret Cup

1 bottle of claret.	1 lb. of loaf sugar.
1 syphon of soda water.	4 lemons.
1½ pints of water.	Few leaves of borage.

Boil the sugar, water, and the thinly-peeled rind of two lemons, skim and let cool. Add the lemon juice, borage, soda water, and claret. Stand on ice, or in an ice cave. Strain and serve in a glass jug.

### Dandelion Wine

2 gallons of water.	7 lbs. of loaf sugar.
5 quarts of dandelions.	½ oz. of German yeast.
2 oranges.	½ lb. of raisins.
2 lemons.	Slice of toast.
½ oz. of whole ginger.	

Pick the dandelions on a dry day, and free them from stalks. Place them in a boiler with the above quantity of water and allow them to boil for twenty minutes, turn them into a pan, cover over, and allow them to remain for three

days, stirring two or three times a day. Strain them through a hair sieve. If required, add more water, make the liquid measure two gallons. Put this on to boil with the sugar, the thinly peeled rinds of the oranges and lemons, and the ginger broken, let it boil for half an hour. Slice the pulp of the oranges and lemons, add, then turn the liquid into a large pan or tub, and when just lukewarm, spread the yeast over a slice of toast and lay on the top. Let it stand three days to work, then gently strain it into a dry cask with the raisins split. Put in bung or cork, and leave for three months before bottling. The first month the cork must be occasionally raised for a short time until the wine has entirely ceased working.

Great care must be taken when bottling not to stir the wine in the cask.

This wine is said to be good for those suffering from liver complaint.

### Parsnip Wine

4 gallons of water.	1 oz. of yeast.
7 lbs. of parsnips.	1½ ozs. of crude tartar.
12 lbs. of loaf sugar.	

Wash, peel, and thinly slice the parsnips, place them in a boiler with the water, and boil gently for one hour, then strain them through a hair sieve, pressing all the liquid from them. Measure the liquid and make up to four gallons with more water, boil a portion of it with the sugar, turn it out and when nearly cold, add the tartar, and the yeast spread on a slice of toast. Cover over and leave it to work. When this ceases, in a week or ten days, strain the wine into a cask or jar, cork, and leave it from three to six months, then bottle it. Occasionally loosen the cork during the first month in case it is still working.

### Elderberry Wine No. I

3 gallons of elderberries.	¼ oz. of allspice.
3 gallons of cold water.	½ oz. of cloves.
1 oz. of whole ginger.	12 lbs. of loaf sugar.

Pick the berries, lay them in a pan or tub with the water covered over, leave to soak for ten days, each day stirring

and mashing them. Strain the liquor from the berries, place it in a boiler with the ginger crushed, cloves and allspice, boil for twenty minutes, turn the liquid out on to the sugar, stir until it is dissolved, then let it stand ten days until it has ceased fermenting, skim it well, and strain it into a cask, add the raisins split open. Cork and let stand for two months. Raise the cork during the first fortnight in case it has not ceased working.

It is a great improvement if half a gallon of sloes be added with the elderberries, it gives to the wine the roughness of port.

### Elderberry Wine No. II

Ingredients similar as in preceding recipe.  $\frac{1}{2}$  oz. of yeast.

Pick the berries, cover with the water, mash, and leave for twenty-four hours to soak; then turn all into a pan and boil gently for half an hour, strain, squeezing all the juice from the berries, pour it back into the pan with the sugar and spices. After it has boiled pour it out to cool, spread the yeast on toast and lay on the liquid, leave it to work for three days, strain it into a cask with the raisins and leave it until it has quite ceased working, then fill it up with more wine and cork tightly. Leave it for three months or longer, then bottle.

Elderberry wine served hot in winter has been found good for sore throats and colds, it induces perspiration.

### Cowslip Wine

$1\frac{1}{2}$  gallons of cowslip tops.

$1\frac{1}{2}$  gallons of cooled boiled water.

5 lbs. of loaf sugar.

Rind and juice of 2 lemons.

$\frac{1}{2}$  oz. of German yeast.

$\frac{1}{4}$  lb. of raisins.

Free the cowslip heads from seeds and stalks, place them in a tub and pour the cooled water over them. Let this stand for five or six days, stirring each day. Strain the juice from the flowers, pour it into a pan with the sugar and lemon peel, allow it to boil for twenty minutes. Add the lemon juice, skim and strain; when cooled add the yeast spread on a piece of toast. Let it stand four or five days to ferment, when it ceases to work, strain it into a cask or jar, split the raisins and add. Cork and let it remain for

two months, then bottle. Occasionally loosen the cork during the first month.

This wine is said to be good for those suffering from insomnia, as it is slightly sedative, and induces sleep.

### Elderberry Cordial No. I

4 quarts of elderberry juice.	$\frac{1}{2}$ oz. of cloves.
3 lbs. of Demerara sugar.	$\frac{1}{2}$ oz. of crushed cinnamon.
$\frac{1}{2}$ oz. of crushed ginger.	

Place the picked berries in a pan, cover, and put on the stove until the juice is drawn out, then strain through a cloth, squeezing well to obtain all the juice, place the latter in a pan with the spices and sugar, boil gently for ten minutes, strain, and pour into bottles, cork it tightly.

To use, add about a tablespoonful to a glass of boiling water for a hot drink, and the same amount to cold water or soda water.

### Elderberry Cordial No. II

1 gallon of elderberries.	$\frac{1}{4}$ oz. of whole ginger.
$\frac{1}{2}$ gallon of cold water.	$\frac{1}{4}$ oz. of cloves.
5 lbs. of Demerara sugar.	

Pick the elderberries and lay them in the water, cover and leave for ten days, stirring and mashing them each day; then drain and press the berries well on a sieve, place the juice in a pan, add the sugar, cloves, and the ginger crushed, boil it gently until it becomes thick. Bottle, and when required for a winter drink, add a little to hot water; or it may be mixed with cold water, or soda water.

### Rhubarb Wine

4 lbs. of rhubarb.	1 gallon of cold water.
4 lbs. of loaf sugar.	1 lemon.

Clean the rhubarb and cut into small pieces, lay in the water, cover the pan and let it stand ten days, mashing and stirring the fruit each day, then strain it. Into the liquor place the sugar, the rind of the lemon peeled very thinly, and the juice strained. Let it stand for three days, stirring occasionally, then turn it into a cask or large stone jar, leave it uncorked until it has entirely finished working. This will probably take from three to four weeks. The jar

should be kept filled up with more of the wine, so that the scum or balm will flow over. Bottle it after six months. This wine is best made in August, when the rhubarb is rather strong, otherwise more may be required.

### Sloe Wine

Ingredients and method the same as for Elderberry Wine, using sloes instead of elderberries.

### Nettle Wine

8 handfuls of young nettles.	$\frac{1}{2}$ oz. of yeast.
2 lbs. of loaf sugar.	2 lemons.
$\frac{1}{2}$ oz. of bruised ginger.	2 gallons of water.

Wash the nettles and boil them with the ginger in the water for three quarters of an hour, strain into a pan, add to this liquid the sugar, the lemons sliced and freed from the pips. When the mixture is cool add the yeast spread upon a piece of toast, and leave it to work for five or six days. Skim it well and strain into a jar, leave for one month, raising the cork occasionally, then bottle. It is ready for drinking at the end of the month.

By some it is thought an improvement to add two or three handfuls of dandelions to the nettles.

Nettle wine is said to be very cooling for the blood in summer. It also purifies the blood.

### Plum Wine

8 lbs. of plums.	1 lb. of honey.
8 lbs. of Demerara sugar.	6 cloves.
1 $\frac{1}{2}$ gallons of water.	6 bay leaves.

Stone the plums, lay them in a large pan, pour the honey over, with water to barely cover; leave for two days covered over, mashing twice a day. Then boil with the water, sugar, cloves and bay leaves for twenty minutes, mashing them occasionally. Strain through a fine sieve pressing out all the juice. When cold turn it into a cask or large jar and let it stand eight or ten days to work; then cork it. Occasionally loosen the cork during the first month in case the fermentation has not ceased. Bottle in six months.

## Damson Wine

Made similarly to Plum Wine with the addition of one pound of raisins placed in the cask.

## Hip and Haw Wine

Made similarly to Plum Wine, using only one gallon, and the rind, peeled thinly, and juice of two lemons instead of the cloves.

## Orange Wine

4 lbs. of oranges.	1 gallon of water.
4 lbs. of loaf sugar.	

Cut the yellow part from the skins, then remove the white pith, take out the pips, lay the pulp and rind in a pan with the water for ten days, stirring occasionally. Strain and well squeeze the fruit, add the sugar, leave for four days until the sugar has dissolved. Pour into a cask or jar and leave to work for about a fortnight, filling up the jar as required for the balm to work over. Cork and finish as for other wines.

Raspberry, Currant, and Gooseberry are made in a similar manner.

## Apple Wine or Cider

8 lbs. of apples.	3 lemons.
8 lbs. of loaf sugar.	12 crushed cloves.
2 gallons of water.	

Peel thinly the rind and strain the juice from the lemons, wash and slice the apples, add to the water and proceed as for Orange Wine.

## Pear Wine or Perry

Made similarly to Apple Wine.

All home-made wines are improved by keeping for a few years; also if a cask be used the flavour is usually better.

## CHAPTER XXIV

### COAL AND GAS COOKING-STOVES

THERE are two types of ranges, the open range and the closed one. The old-fashioned open stove, although more cheerful where the kitchen is used as a living-room, is more wasteful of fuel, and more conducive to dirty cooking. They are now only used in small tenements, and even for these are rapidly becoming obsolete, with the exception of the open ranges used in large establishments for roasting.

The second type is the closed stove. In these the fire partly, and the smoke passages entirely, are enclosed, resulting, when properly managed, in perfect freedom from soot. The combustion of fuel is more complete, and a greater amount of heat is available for cooking. A knowledge of the construction of the stove we have, how to regulate it, and, above all, how to keep it perfectly clean, is essential to good cooking. A great many stoves do not give good results. This is due, in the majority of instances, to the fact that they have not been set correctly. Even with bad stoves good cooking may be accomplished with a knowledge of the above conditions, but if broken or defective, it would be more economical to have it replaced by a good one. It would repay itself in a short time in the saving of time, trouble, and spoiled food.

There are a number of patent stoves on the market, the best of which may vary in detail, but the same principles are aimed at in the construction of each, viz. (1) to enable the heat to circulate about the range as completely as possible, before it passes up the flues, thus economizing fuel; (2) labour-saving devices.

The parts to be noted in examining a stove are—

1st. The hot-plate or top of stove. If this is broken or

cracked in any part, the current of heat about the stove is disturbed, often interfering with the cooking.

2nd. Flues with dampers. By these the heat is drawn to the different parts of the stove. There should be one for each oven, and in large stoves one for the boiler.

3rd. The firebrick lining the firebox. This somewhat regulates the heat of the oven. If worn thin, cracked, or broken, the heat from a good fire would pass through too quickly, and overheat the oven; and when fresh coal is put on the fire it would cool down the oven. It also economizes fuel by retaining the heat for a long time, and keeping the oven and top of the stove hot some time after the fire has burnt down.

4th. The sides of the oven. These should not be too thin or warped. The oven must be supplied with ventilators; one, a grating in the door which, when opened, admits fresh air, and one above the oven which when drawn out opens a space in the top of the oven (it has a hood over it to prevent soot and smoke entering), through which steam and odours are drawn from the oven; otherwise meat cannot be properly baked in the oven.

5th. That the boiler is sound and when it was cleaned, as where water is very hard and constantly boiling the lining matter precipitated often partly fills up the boiler, and prevents the water from heating quickly. Also that the safety valve is not choked up.

*Management of Stove.*—When cooking a quantity, well make up the fire with medium-sized pieces of coal free from dust, pull out the damper over the part required. When the oven is hot enough, push in the damper to within an inch, this prevents the fire from burning away too quickly, also keeps the oven at an even temperature. Occasionally add a little more coal in the front of the grate. Should the fire require stirring, push the poker in along the bottom of the grate and gently raise. This will let dust through and let air in, which will cause the coal to burn quicker and brighter.

While the oven is being used, unless a large quantity of hot water is required the boiler damper should be shut.

It rests with the management of the dampers whether waste or economy is being practised.

When the cooking is finished and the fire has to be kept in, all kitchen refuse such as vegetable parings and other organic matter should be put into the grate, then all the cinders and pieces of coal, and some coal dust, and the boiler damper pulled out in case of much smell from burning of the vegetable matter; after a short time, this should only be left out sufficiently to prevent the smoke from coming out through the grate. By thus regulating the damper, the fire can be maintained at little cost.

When the oven is not in use only the boiler damper should be out. Then the heat which is generated will be stored in the water.

*Lighting the Fire.*—Every morning the hot-plate over the oven should be lifted up and the dirt swept into the grate, rake out the ashes, and take these up with all the dirt from the stove. Mix some blacklead in a jar with water or turpentine, and with a small brush lay a little over the stove, then brush briskly with a polishing brush, finishing with a second brush. If the stove be kept in good condition this will not take many minutes. If there should be any grease on the stove wash it off with strong soda water before black-leading, otherwise the brushes will be spoilt for polishing.

Crush some paper and lay it loosely in the grate on the cinders, then place some sticks of wood lightly across each other so that air can readily pass through and so facilitate combustion. Now place a few pieces of coal on the top, shut up the stove, pull out the dampers, and light the paper. While it is burning up, the bright parts of the stove and fender should be rubbed briskly with emery paper. When the coals are fairly alight add more coals and any cinders.

Push the dampers in a little to reduce the draught, and so prevent the fire from burning too rapidly.

The hearth should now be washed. If tiled, use hot soapy water with a little soda added. If of stone, it should be washed over to get off all the dirt, some hearthstone rubbed over, then a little whiting sprinkled over, the flannel wrung out and smoothed over evenly.

If the steel of the grate or fender has become rusty, rub it over with paraffin oil and fine emery paper, if in a very bad state use fine sand instead of the paper. In each case the steel must be well rubbed with a sweet oil afterwards,

otherwise the paraffin, though it moves the rust quickly, will make it rust again.

*Cleaning the Flues.*—The flues should be cleaned regularly, usually about once each week. Empty the grate,

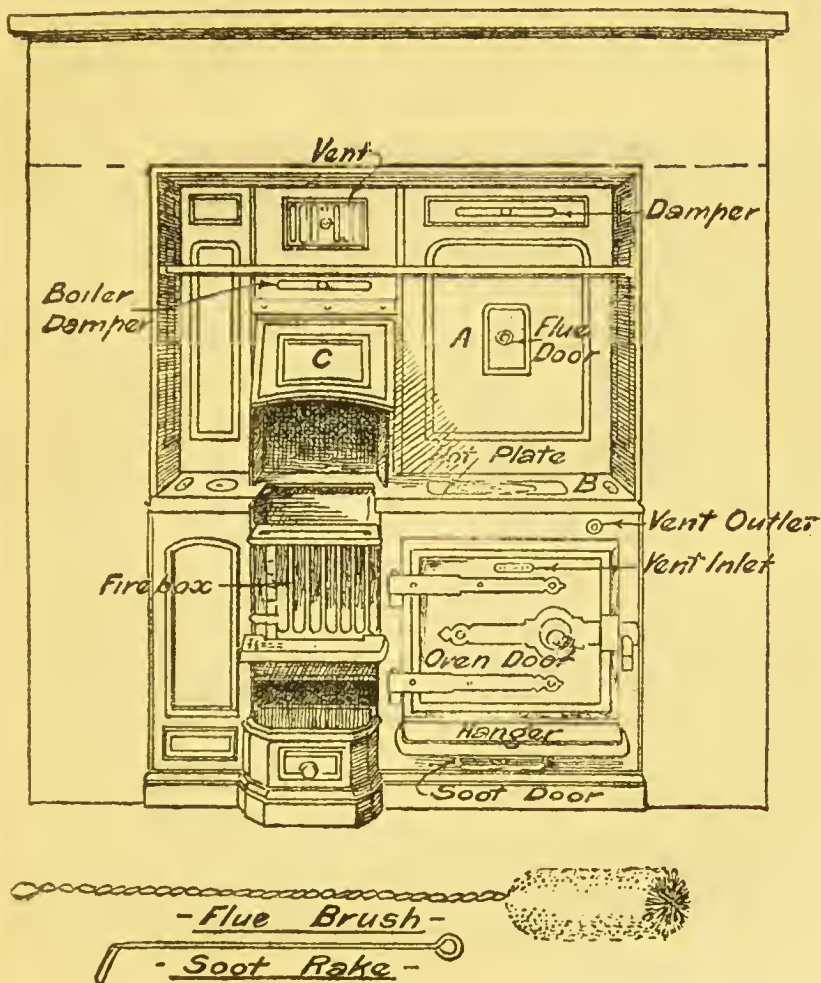
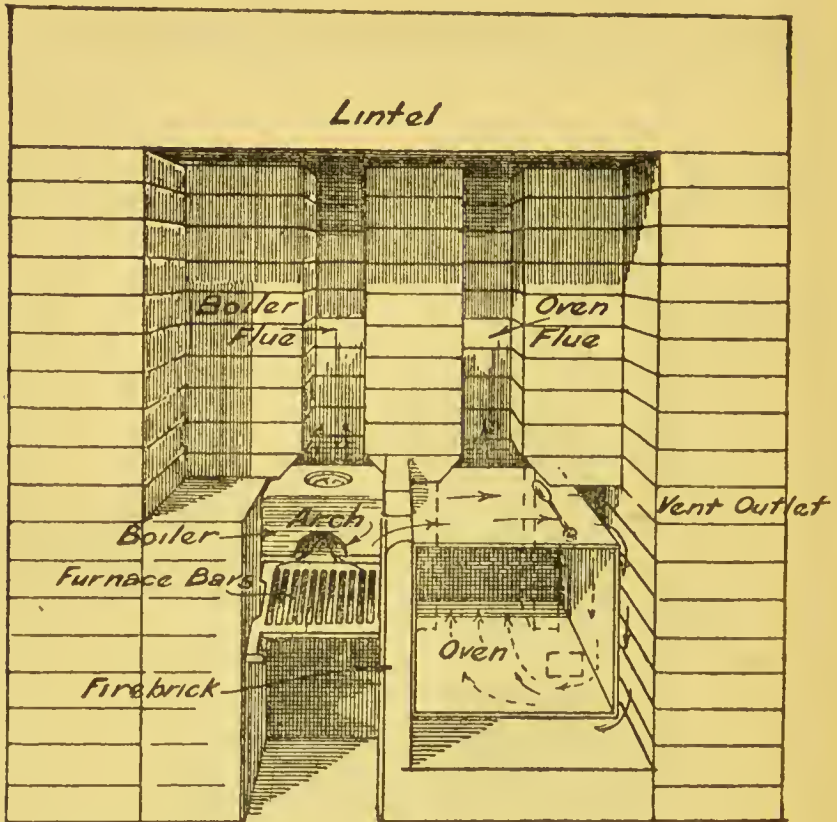


FIG. 1.

separating cinders from ashes. Remove the hot-plates and sweep the under sides, take off the flue door A, and pass the flue-brush up the flue and at the back of the oven, switch it about to remove any clinging soot, then sweep the side

of the oven through the opening B. Open the flap C, sweep the boiler flue in a similar manner, and rake out the soot through the arch of boiler—usually, the soot from this falls into the grate—take it up gently. Open the oven



Range with front top & back removed  
showing arrangement of oven, boiler &  
flues    The arrows indicate the manner  
in which the heat is drawn round the  
oven & boiler

FIG. 2.

door, remove the hanger, under which is a small door D; open this, and rake out all the soot that has fallen down from the flue and the oven into a dustpan, taking care to scrape all the dirt from the corners. If the inside of the oven be greasy, it must be well washed out with strong hot

soda water. Blacklead the stove as mentioned before ; it is usual to give the grate an extra polishing when the flues are cleaned, but not much blacklead is necessary ; brush briskly.

Fig. 2 represents the arrangement of the oven and boiler, with their flues, as it would be seen, if the front, hot-plate, and upper portion were removed, showing the usual construction of a range. The arrows indicate the circulation of the heat about the oven and boiler.

*Gas Stoves.*—A gas stove is a great convenience, especially in summer-time or for small families, when great heat can be produced in a short time ; it is also economical if the gas be turned off directly the cooking in hand is completed.

The disadvantages are : 1st. For cooking, atmospheric burners are used. As air is drawn from the room to mix with the gas while burning, it is imperative for health to have good ventilation where gas is used. 2nd. In the hands of a thoughtless user, gas is often left burning unnecessarily.

A gas stove should have double sides and door. These being padded retain the heat in the oven, prevent the rapid conduction of the heat through the sides of the oven, thus rendering this kind of stove more economical and easier to regulate than that with single sides.

The oven should be lined with enamel sheets. These are easily kept clean. There are usually two open bar shelves, and one flat shelf. This latter is for the centre, and acts as a browning medium for the food cooking under it.

On some stoves there is an arrangement above the oven which, when left in, partly closes the ventilating pipe from the oven, and when pulled out, opens it wide, which tends to draw out the steam and odours from the oven.

Near the top of the inside of the oven is a bar across, from which to hang large joints while roasting. On the stone beneath the oven a large tin is provided for receiving the fat while roasting.

Above the oven, there should be a movable enamel tray, which can easily be drawn out and cleaned.

Various burners and a griller are supplied on the top. The grillers vary on gas stoves. Some can be revolved, reflecting the heat down on to the food under. Others have a reflector which is pushed along on top of the light for the same purpose.

A hood should be provided to hang over the top of the stove. Through this a tube is carried into the chimney in order to draw fumes and steam from the cooking out of the room.

It will be more healthy if a pipe be fixed from the ventilating outlet of the oven to the chimney to carry off the fumes due to combustion and to cooking.

The success of a gas stove depends largely upon its being kept clean. If matter be allowed to boil over, it is apt to enter the gas jets, either preventing the gas from giving out its heat properly, or causing an unpleasant smell.

To clean a gas stove, take off all the movable parts as shelves, lining of oven, slide from oven top, and the bars, scrub them well in some strong hot soda water in a zinc pail or bowl, and wipe them dry ; if the burners are greasy they must also be washed.

Take care the holes are not blocked up, light the gas a few minutes after washing to thoroughly dry all the parts.

Blacklead and polish all the iron parts, put back the lining, polish the brass taps with bath-brick or Globe polish, rub the steel with fine emery paper.

To light the oven open the door, procure a light, turn the oven tap on full, apply the light against the burner nearest the tap, then to the other. The gas will light all along the sides instantly ; close the door. The oven will take about ten minutes to heat, during which time the door must be opened for a minute to let out the moisture.

To light burners on top, turn on the tap for two seconds, to allow the gas to force the air out of the pipe, then apply the light. If the gas lights back, turn the tap off, then relight. If this be not done, there is a noise, an unpleasant smell, a whitish light, which blacks the vessels above, and gives little heat.

A joint roasted in the gas oven should either be hung from the bar at the top of the oven, or from one of the open bar shelves, or it can be laid on the latter, the fat in each case falling into the dripping tin below. This prevents any possibility of the dripping burning. The latter two ways allow of other things being cooked in the oven, on the other shelves at the same time.

## CHAPTER XXV

### KITCHEN AND SCULLERY ARRANGEMENTS

THE following arrangements would be suitable in a house where neither pantry nor housemaid's cupboard is provided. Of necessity, in a small establishment the kitchen requirements would vary very much according to whether the kitchen is specially kept for only preparing and cooking the food, or partly for living purposes, or whether to be used as sitting-room for the maid.

In a kitchen, everything as far as possible should be washable, ceiling and walls cleaned and distempered annually a white or any light colour. If economy has to be studied, the best flooring is formed of tongued deal boarding, and this can be covered with a good linoleum, not oilcloth. The latter is rather bad for the feet. A rug can be laid down when the work is finished. It should be provided with a large window, to open top and bottom, also a cooking range. A strong table is required with washable top, either of spruce or bass wood. A piece of white American cloth or newspaper can be laid over while cooking, this will save labour, and keep the table a good colour. There should be drawers both ends. In one of these, keep kitchen knives, forks, spoons, etc., and in the other the clean kitchen cloths and dusters.

There should be a dresser with shelves above, on which to keep plates and dishes, the space below for drawers and cupboards. In the first drawer could be kept the plate basket and knife box, or the knives can be spread out on baize; the second drawer for kitchen tablecloth, vegetable cloths, pudding cloths, and jelly bag, wrap each set in white paper, also the box of dish papers or d'oyleys. If

there be a third drawer it could be reserved for the maid, if one be kept, or for clean pieces of paper and a box with pieces of string. In one of the cupboards can be kept pie-dishes, basins, etc., in the other boots, shoes, and slippers that are in use, also the boot brushes.

There should also be two cupboards, each divided into two, top half of one for tea china, glass, etc., the lower for the housemaid's box, dustpan and brush, dusters in use hung on nails on the inside of door. In the top part of the second cupboard keep small quantities of dry provisions used daily, in the lower part sieves, strainers, sausage machine and other kitchen utensils.

There should be two Windsor chairs, and a coal bunker.

Pastry boards can have a small hole bored in one end, a loop of string passed through, by which they can be hung up inside a cupboard, the rolling pin can also be hung.

If no other space be available the knife machine can be fixed on the kitchen dresser.

In buying kitchen utensils a good quality will be found the cheapest in the end, thus a good enamel saucepan will last, with care, for a year or two, whereas an inferior pan is thin, burns easily and quickly chips, after which it is useless, for white lead is often used in the cheap enamel. One or two good aluminium pans, though expensive, last for years and can be easily cleaned (soda must not be used as this dissolves the metal) and are never dangerous to use. Tinned steel pans are also excellent, these, though never dangerous to use, require retinning occasionally.

## Scullery

The scullery should lead out of the kitchen, the ceiling and walls could be similar to the latter, the floor should be of quarry tiles, for this can be easily cleaned.

There should be a window to open top and bottom, the sink should be near or under the window. There must be a stopper to close the pipe, an overflow, and a good anti-siphon trap, provided with a vent pipe to prevent the return of odours from waste and sewer gases from the drain, into the house (Fig. 1). The sink should be deep and of some non-absorbent material. The best, where only one sink

exists, is white enamelled fireclay, this is easily cleaned and looks nice, and can also be used for washing greens, etc. Care must be taken not to drop heavy pans, etc., into the sink. To protect it oak cappings are sometimes placed in front, as sketch, on which to rest heavy saucepans when carried from the fire, also a wooden rack can be placed on

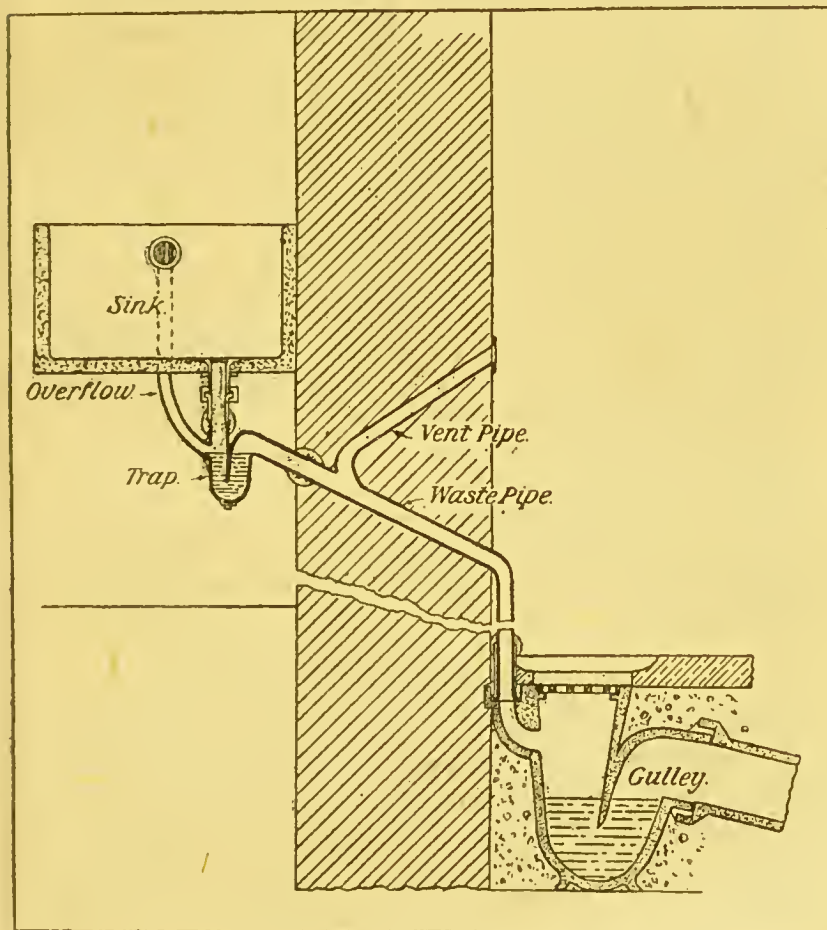


FIG. 1.

the bottom for the same purpose. Hot and cold water taps should be fixed above the sink. A draining board forming a small table should be next the sink, over this a plate rack can be fixed, or on it a portable rack. On the

side of the rack, near the sink place some hooks, on which to hang scrubbing brushes and flannel used for tables, saucepan brush, and dishcloth. The space under the sink should not be closed in, it is much easier to clean, and is not so likely to be damp, or have dirty things left under. The pail, when not in use, can be turned upside down, with the flannel hanging over it, and placed under the sink.

There should be a small table or bench against the wall upon which to place dirty china, some shelves on which to stand saucepans with the covers hanging under, or a portable saucepan stand can be purchased. A rail should be fixed on the wall from which to hang colanders, slices, and kitchen cloths that are in use.

Either a coal or gas boiler can stand in one corner. If clothes are washed at home a washing stool will be needed, on it could stand one or two galvanized baths, one fitting in the other, these could also be used for washing greens, soaking a ham, etc. If no floor space be available these and a washing basket can often hang on the wall over the boiler.

A wooden grating should be provided on which to stand while washing up.

The long brooms could be hung up on the wall, or stood in a corner, the heads uppermost.

If possible have a gas cooking stove in the scullery. In summer the cooking can be done here, thus keeping the kitchen cooler.

## Kitchen Requirements

The utensils necessary in a kitchen will vary considerably according to the class of cooking required and the means at one's disposal. Many dishes can be prepared even if there be not every article that is desired, but the work is simplified if the proper utensils are available. The following list would answer where economy must be studied or with which to commence housekeeping. It would be suitable for a family spending from 20s. to 40s. per week on food :—

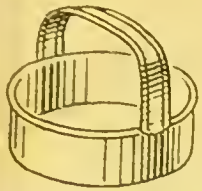
	£	s.	d.
1 double baking meat tin . . . . .	0	3	6
5 iron saucepans—1 pint size, 1s. ; 2 pints, 1s. 6d. ; 4 pints, 2s. 6d. ; 8 pints, 3s. 3d. ; and 12 pints, 4s. 3d.	0	12	6
1 potato steamer, to fit the 8-pints saucepan . . . . .	0	1	9

	£	s.	d.
1 boiling pot, oval, size 2½ gallons . . . . .	0	4	6
1 fish kettle and strainer . . . . .	0	3	6
3 meat steamers, fitting one above the other . . . . .	0	8	6
1 steel stewpan, size 5 pints . . . . .	0	4	6
2 aluminium stewpans, 1 and 2 pints, 1s. 9d., and 3s. 9d. . . . .	0	5	6
1 cast-iron enamelled saucepan, 2½ pints . . . . .	0	5	6
1 double enamelled saucepan . . . . .	0	2	3
1 small enamelled saucepan . . . . .	0	0	6½
1 enamelled preserving pan . . . . .	0	8	10
1 frying pot . . . . .	0	3	0
1 frying basket . . . . .	0	1	4
2 frying pans, 1od. and 1s. 4d. . . . .	0	2	2
1 gridiron . . . . .	0	1	0
Potato masher . . . . .	0	1	3
1 kettle, well bottom, wrought-iron . . . . .	0	4	0
Meat-chopper . . . . .	0	2	3
Chopping knife . . . . .	0	1	3
Cook's knife . . . . .	0	1	3
2 small cook's knives, 6½d. and 8½d. . . . .	0	1	3
1 meat fork . . . . .	0	1	0
1 fish-slice, riveted . . . . .	0	0	10
1 wire vegetable spoon . . . . .	0	0	6
1 iron basting spoon . . . . .	0	0	6
1 iron spoon . . . . .	0	0	4
4 wooden spoons, 2 at 1d. each, 1 at 2d., and 1 at 3d. . . . .	0	0	7
Set of skewers . . . . .	0	0	6
Colander, enamelled . . . . .	0	2	0
2 gravy strainers, 1 coarse, 9d., and 1 fine, at 1od. . . . .	0	1	7
2 enamelled moulds for puddings or blancmanges . . . . .	0	2	9
1 jelly mould . . . . .	0	1	0
2 cake moulds, 4d. and 8d. each . . . . .	0	1	0
2 baking sheets, 1od. and 1s. 2d. each . . . . .	0	2	0
2 Yorkshire-pudding tins, 5½d. and 9d. each . . . . .	0	1	2½
1 mincing-machine . . . . .	0	2	11
1 coffee mill . . . . .	0	2	11
1 spice box . . . . .	0	2	0
Egg whisk . . . . .	0	0	6
Grater . . . . .	0	0	6
1 flour dredge, 4½d., 1 sugar dredger, fine, 6½d. . . . .	0	0	11
Tin opener . . . . .	0	0	6
Cork screw . . . . .	0	0	10
Glass lemon squeezer . . . . .	0	0	6½
1 wire sieve . . . . .	0	1	4
1 hair sieve . . . . .	0	1	2
1 fluted and 1 plain cutter for pastry . . . . .	0	0	8
Trussing needle . . . . .	0	0	3
Set of scales and weights from ¼ oz. up to 4 lbs. . . . .	0	7	6
1 dozen plain tartlet tins, 3d., 1 dozen fluted tins, 4d. . . . .	0	0	7
Paste brush . . . . .	0	0	3
1 wire meat cover for larder . . . . .	0	1	5

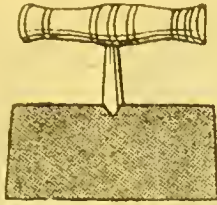
	£	s.	d.
1 toasting fork . . . . .	0	0	4
1 tin funnel . . . . .	0	0	2
1 jelly bag . . . . .	0	1	1
2 casseroles, 1s. and 2s. . . . .	0	3	0
2 pudding basins, 2½d. and 4½d. . . . .	0	0	7
3 pie dishes, 3d., 5d., and 7d. each . . . . .	0	1	3
12 common white meat plates, 1s. 6d., and 6 cheese plates, 6d. . . . .	0	2	0
4 meat dishes for larder, various sizes . . . . .	0	3	0
3 mixing bowls, 3d., 4½d., and 6d. each . . . . .	0	1	1½
1 set white jugs, 1, 2, 3, and 4 pint sizes . . . . .	0	2	3
½ pint china mug . . . . .	0	0	2½
1 large enamel pan for washing vegetables . . . . .	0	1	6
1 pastry board . . . . .	0	2	0
1 chopping board . . . . .	0	1	6
1 rolling-pin . . . . .	0	0	5
Flour tub, ½ peek . . . . .	0	1	9
1 bread pan . . . . .	0	1	6½
Salt-box, wooden . . . . .	0	1	0
Pepper-box, japanned . . . . .	0	0	3
Total . . . . .	£6	5	3

### Articles for cleaning purposes in Kitchen

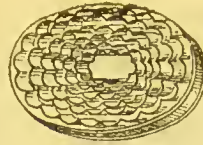
	£	s.	d.
1 galvanized pail . . . . .	0	1	2
1 long broom . . . . .	0	2	0
1 short-broom . . . . .	0	1	3
1 dustpan . . . . .	0	1	0
1 sweep's brush . . . . .	0	0	6
1 flue brush . . . . .	0	1	0
Scrubbing brush, hair, for tables and boards . . . . .	0	1	0
Scrubbing brush, bass for floor . . . . .	0	0	6
Saucepan brush . . . . .	0	0	3
2 blacklead polishing brushes, 1s. and 9d. each . . . . .	0	1	9
Small round brush for blackleading . . . . .	0	0	2½
1 jug mop for cleaning inside jugs . . . . .	0	0	2
1 kneeling mat . . . . .	0	1	0
Knife-board . . . . .	0	1	0
Wire drainer for sink . . . . .	0	1	0
1 yard of house flannel cut into two, 1 for tables and 1 for floor . . . . .	0	0	6
1½ yards of canvas at 6d. per yard cut into two, one for oven cloth and one to wipe tables dry after washing . . . . .	0	0	9
1 dozen kitchen cloths . . . . .	0	3	0
3 round towels of 2½ yards each at 6d. per yard . . . . .	0	3	9
3 dusters . . . . .	0	0	9
1 wooden tub for washing up . . . . .	0	3	0
Total . . . . .	£1	5	6½



Paste Cutter.



Suet Chopper.



Fluted Cutters.



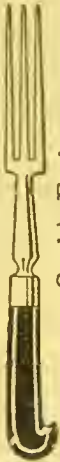
Mortar.



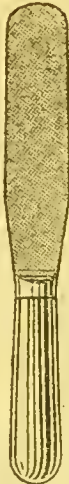
Pestle.



Cook's Knife.



Cook's Fork.



Palette Knife.



Potato Knife.



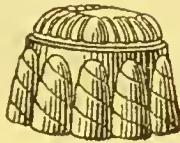
Pointed Gravy Strainer.



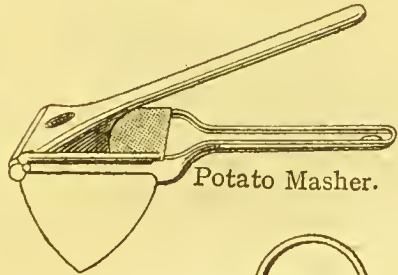
Flat Gravy Strainer.



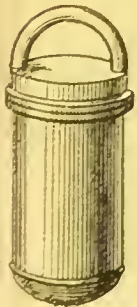
Border Mould.



Jelly Mould.



Potato Masher.



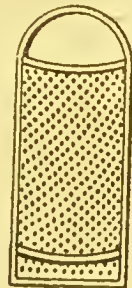
Freezing Pot.



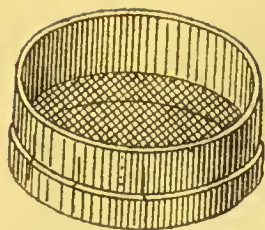
Spatula.



Lemon Squeezer.



Grater.



Wire Sieve.



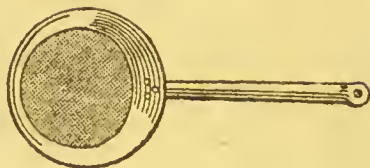
Spice Box.



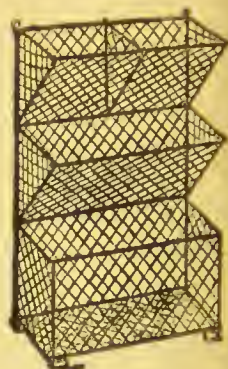
Preserving Pan.



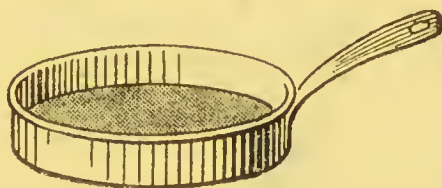
Flour Dredger.



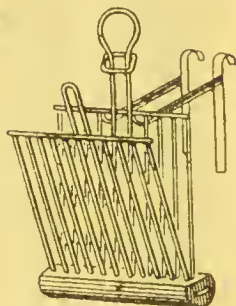
Omelet or Frying Pan.



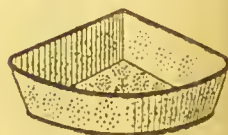
Vegetable Rack.



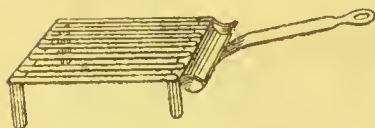
Sauté-Pan.



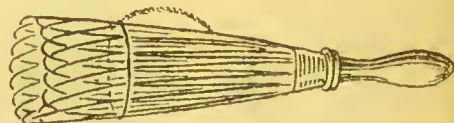
Ranging Gridiron.



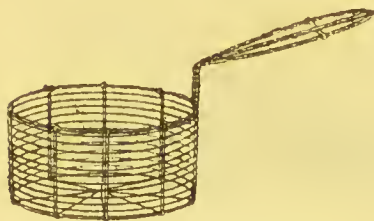
Sink Basket.



Gridiron.



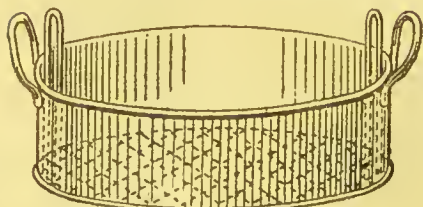
Egg Whisk.



Frying Basket.



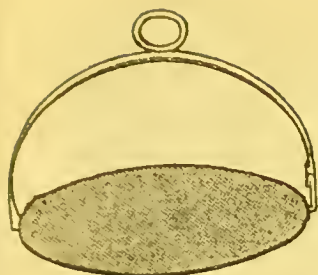
Fish Slice.



Fish Frying Kettle with Drainer.



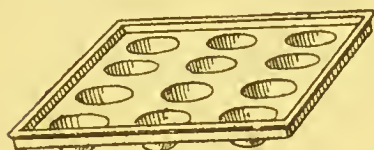
Colander.



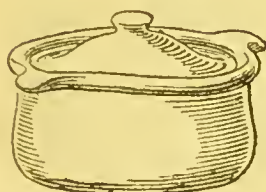
Girdle Pan.



Baking Sheet.



Tin for small Cakes.



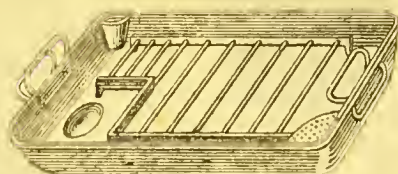
Casserole.



Yorkshire Pudding Tin.



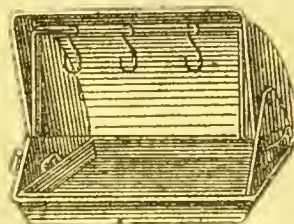
Casserole.



Double Baking Tin.



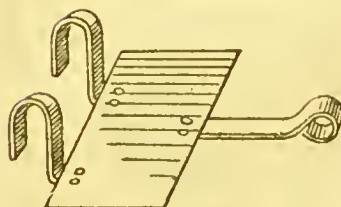
Meat Stand.



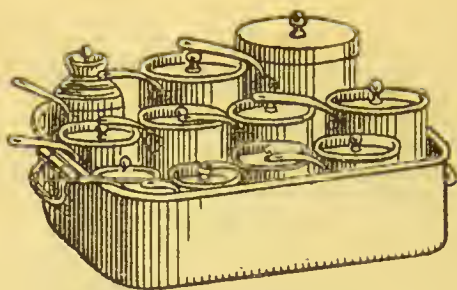
Dutch Oven.



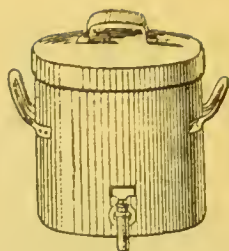
Marmite.



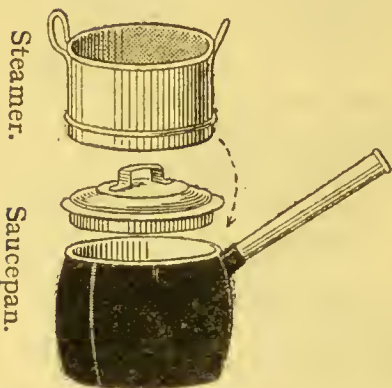
Hanger for Dutch Oven.



Bainmarie Case with Pans.

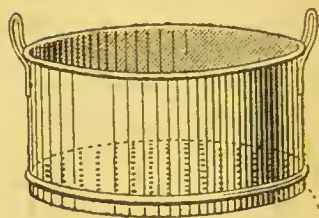


Stock Pot.

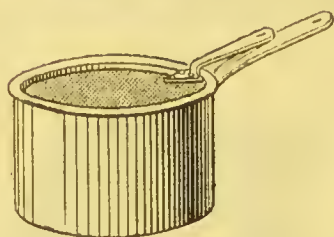


Steamer.

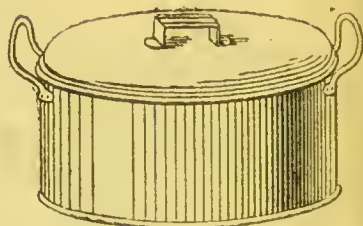
Saucepan.



Steamer.



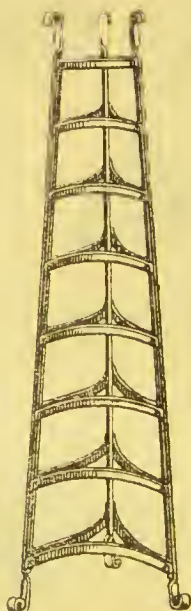
Stewpan.



Fish Boiler.



Boiler.



Portable Saucepan Stand.



Double Saucepan for Milk.

## Scullery Work

Scullery work need not be so distasteful if more method were employed.

Two rules should be constantly kept in mind.

1st.—A place for everything, and if not in use, everything in its place.

2nd.—Clear away as the work is proceeding, then when the cooking is finished the clearing and washing up will not be such a formidable item.

Kitchen utensils, such as saucepans, baking tins, knives, etc., are generally much easier to clean if washed directly they have been used. In a small household without a servant this is not always practicable when dishing up the dinner. In this case some water should be put into the saucepans, which should be placed on the stove until it is convenient to clean them. They will then be easier to wash than if allowed to get cold.

All kitchen refuse, such as vegetable parings, should be burnt. If any organic matter be put in the dustbin it soon decays and gives out an offensive smell.

Plates and other china to be washed should be sorted and emptied of scraps, or the water soon becomes too greasy to wash them clean. Glasses, or glass dishes, must be washed in a bowl of clean warm water, and wiped with a soft cloth, then polish them with another clean soft cloth, and put them away in their places at once. A wooden tub should be used for china, it is then not so liable to get chipped. Plenty of hot water with a little soda and washing powder to soften it is required, and if the china be rinsed in a bowl of warm clean water it dries with a good gloss. When the china is finished, the spoons and forks should be washed and wiped, using fresh water if necessary. Knives and steel forks should be held in the hand while washing, or immerse the blades only in a jug containing hot water. The handles must not be allowed to get wet, or they soon become loose, and, if they are white, become discoloured.

Any tins, as moulds, baking tins, colander, etc., should be washed next; use plenty of hot soda water, wipe, and thoroughly dry on the plate rack or in a slack oven

before putting in their places. Saucepans and lids should be put into the water and washed well inside and out, then drain, wring the hot dish-cloth tightly to wipe the inside of the saucepan first, then the handle and the outside; stand the pans on the stove to finish drying. Put them in their places, either tilted on a shelf with the covers hung up, or stood on a shelf with the lids tilted on top that air may get in and prevent them from getting musty. A switch saucepan brush may be used for cleaning the insides, and if anything be sticking to the pan, not loosened with the soaking, broken eggshells or a little sand, if rubbed over briskly with the dish-cloth, will scratch it off, then well rinse.

If anything be burnt on to the saucepan fill it with cold water, add a little soda and place on the stove to slowly heat, this will loosen it.

Enamel pans should not have soda put in them, as this loosens the enamel and causes them to chip. If discoloured a little salt rubbed over the insides with the dish-cloth will whiten them.

Steel pans will keep bright, if when washed they are rubbed briskly with a little of the following soap mixture, or a little sand, well rinsed, and wiped dry.

Soap mixture: Place half a pound of pieces of soap in a saucepan, cover with water and boil until the soap is dissolved, add a tablespoonful of soda, or two of soft soap, two of whiting and one of salt, then stir in silver sand to make a stiff paste. Keep in a tin for use.

Aluminium pans must never be washed in soda water. They must be washed in hot soapy water, and kept bright by rubbing them briskly with fine sand, salt, or ash, then well rinsed and dried.

For cleaning copper stewpans or kettles use a mixture of five tablespoonfuls of sand, two of salt, and one of flour, moistened with vinegar. Wash the coppers in hot soda water, the insides to be scoured with the soap mixture, and the copper parts with the vinegar mixture; rinse well, wipe them dry quickly to prevent them from tarnishing. If only used occasionally finish them with a leather and a little Globe polish.

Knife machines clean knives quickly, but a board covered with linoleum can be used, a little emery powder

or bath-brick should be sprinkled on, the knives rubbed sharply to and fro until quite bright, then wiped with a duster. Steel forks may be cleaned with emery powder moistened with water, using a piece of rag, and polished with a leather, drawing the leather through the prongs.

If marble tops of table, slab, or hearth has become a bad colour, make a paste with a large block of lime, one pound of soda and one quart of water; melt the soda in hot water, when cool stir it into the lime. Place a coating of this paste over the marble. Leave it for two days, rub it off, and wash the marble in soapy water.

Or use a paste of equal quantities of pumice stone powder and whiting, leave it on six or eight hours; wash off with a clean cloth and wipe dry. If stains be very bad on the marble use some soda mixed in the above paste or use the following paste, but great care must be taken not to touch it with the fingers or it will burn them. Take a pennyworth of American potash and four times its quantity of whiting. Mix these with cold water to a paste. Lay it on the marble and leave for a day or two, then wash it off.

A piece of oil-cloth, brown paper, or a wooden saucepan stand should be on the kitchen table while cooking, for standing pans or any dirty articles upon; this will save labour, and the table can be kept whiter.

*To scrub Tables.*—Have some hot water with a little soda; much soda will turn the boards yellow; wash the table over, using a flannel, soap the brush a little, and scrub well in the direction of the grain, rinse with the flannel once or twice, then wring out the flannel and wipe the table dry, finish wiping with a clean rough cloth. If the table be very dirty, a little sand may be sprinkled over before scrubbing; it will help to clean it quickly.

Pastry boards and rolling-pins should be washed in a similar manner, but with very little soap, if any, and then well rinsed to free them from the smell of the soap. A soft brush is better than a bass one for tables and boards, as a hard one may roughen the wood. Separate brushes and flannel should be kept for the tables and pastry boards, otherwise they are apt to become a bad colour if cleaned with those used for the floor, steps, etc.

When all the articles are washed up, the dish-cloth must be rinsed out and hung up on two nails over the sink to dry. The bowl must be well scrubbed inside and out, and the sink well swished round with hot water. A small drainer is very useful to have in one corner of the sink in which tea-leaves and scraps can drain before burning; it often saves the sink from being stopped up. The cloth used for the china should be hung up to dry or, if rather wet, it is better to wash it at once.

Such articles as moulds, strainers, dredgers, and coppers should be brightened periodically. Have a bowl of hot soda water, put in some washing powder and a tablespoonful of whiting, wash the utensils well in this, take them out one at a time, wipe them dry, and polish with a leather and a little dry whiting. If the articles are very dirty they can be cleaned with the soap mixture. Wash the tins in hot soda water, while wet rub briskly a little of the soap mixture over each, rinse them, wipe dry, and polish with leather and whiting, or they can be cleaned with sapolio or Brooke's soap.

Skewers should be brightened with the soap mixture or emery paper.

Brass taps, if greasy, should be washed and rubbed briskly with bath brick-powder and oil mixed, Globe or Bluebell polish or any other preparation sold for the purpose and finish with a leather.

Many preparations can be purchased for cleaning silver or plate, but the following mixture is simple and very effective in giving a polish, and has the great advantage of not leaving powder in the crevices.

Mix two tablespoonfuls of whiting, one tablespoonful of ammonia, one tablespoonful of methylated spirits, one pint of boiling water. Well rub the silver in this, rinsed in hot soapy water, then wipe with a soft cloth and finish with leather.

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